



# JOHNNY ROCKETS NUTRITIONAL GUIDE

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

Certified Angus Beef Quarter Pound Burgers

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

## Certified Angus Beef Quarter Pound Burgers

| Certified Angus Beef Quarter Pound Burgers                                                                   | Total<br>Calories<br>(kcal) | Fat<br>Calories<br>(kcal) | Total<br>Fat<br>(g) | Saturated<br>Fat<br>(g) | Trans<br>Fat<br>(g) | Cholesterol<br>(mg) | Sodium<br>(mg) | Total<br>Carbs<br>(g) | Fiber<br>(g) | Sugars<br>(g) | Protein<br>(g) | Vit A<br>(iu) | Vit C<br>(mg) | Calcium<br>(mg) | Iron<br>(mg) |
|--------------------------------------------------------------------------------------------------------------|-----------------------------|---------------------------|---------------------|-------------------------|---------------------|---------------------|----------------|-----------------------|--------------|---------------|----------------|---------------|---------------|-----------------|--------------|
| Bacon Cheddar Double Burger (1 serving)                                                                      | 430                         | 330                       | 40                  | 10                      | 0                   | 60                  | 930            | 10                    | 0            | 0             | 10             | 1430          | 10            | 200             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Bun Choice Gluten Free                                          | 720                         | 430                       | 50                  | 10                      | 0                   | 60                  | 1440           | 50                    | 10           | 10            | 20             | 1670          | 10            | 240             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Bun Choice Regular                                              | 660                         | 400                       | 40                  | 10                      | 0                   | 60                  | 1280           | 40                    | 0            | 10            | 20             | 1670          | 10            | 220             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Bun Choice Wheat                                                | 620                         | 350                       | 40                  | 10                      | 0                   | 60                  | 1190           | 50                    | 0            | 10            | 20             | 1430          | 10            | 220             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Burger Patty Choice Beef Burgers                                | 640                         | 450                       | 50                  | 10                      | 0                   | 130                 | 1530           | 10                    | 0            | 0             | 30             | 1430          | 10            | 220             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Burger Patty Choice Boca Veggie Burgers                         | 550                         | 340                       | 40                  | 10                      | 0                   | 60                  | 1440           | 20                    | 10           | 0             | 30             | 1430          | 10            | 280             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Burger Patty Choice Gardein Burgers                             | 600                         | 390                       | 40                  | 10                      | 0                   | 60                  | 1500           | 30                    | 10           | 10            | 20             | 1630          | 10            | 240             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Burger Patty Choice Grilled Chicken                             | 580                         | 340                       | 40                  | 10                      | 0                   | 140                 | 1150           | 10                    | 0            | 0             | 50             | 1460          | 10            | 220             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Burger Patty Choice Turkey Burgers                              | 770                         | 570                       | 60                  | 20                      | 0                   | 150                 | 1790           | 10                    | 0            | 0             | 40             | 1530          | 10            | 220             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Beef Burgers        | 930                         | 560                       | 60                  | 20                      | 0                   | 130                 | 2040           | 50                    | 10           | 10            | 40             | 1680          | 10            | 260             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Boca Veggie Burgers | 840                         | 440                       | 50                  | 10                      | 0                   | 60                  | 1960           | 60                    | 10           | 10            | 40             | 1670          | 10            | 320             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Gardein Burgers     | 890                         | 500                       | 60                  | 10                      | 0                   | 60                  | 2020           | 70                    | 10           | 10            | 30             | 1870          | 10            | 280             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Grilled Chicken     | 870                         | 450                       | 50                  | 10                      | 0                   | 140                 | 1670           | 50                    | 10           | 10            | 50             | 1700          | 10            | 260             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Turkey Burgers      | 1060                        | 680                       | 80                  | 20                      | 0                   | 150                 | 2310           | 50                    | 10           | 10            | 40             | 1770          | 10            | 260             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Beef Burgers            | 870                         | 520                       | 60                  | 20                      | 0                   | 130                 | 1880           | 40                    | 0            | 10            | 40             | 1680          | 10            | 240             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Boca Veggie Burgers     | 780                         | 410                       | 50                  | 10                      | 0                   | 60                  | 1800           | 50                    | 10           | 10            | 40             | 1670          | 10            | 300             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Gardein Burgers         | 830                         | 460                       | 50                  | 10                      | 0                   | 60                  | 1860           | 70                    | 10           | 10            | 30             | 1870          | 10            | 260             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Grilled Chicken         | 810                         | 410                       | 50                  | 10                      | 0                   | 140                 | 1510           | 40                    | 0            | 10            | 50             | 1700          | 10            | 240             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Turkey Burgers          | 1000                        | 640                       | 70                  | 20                      | 0                   | 150                 | 2150           | 40                    | 0            | 10            | 40             | 1770          | 10            | 240             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Beef Burgers              | 830                         | 480                       | 50                  | 20                      | 0                   | 130                 | 1790           | 50                    | 0            | 10            | 40             | 1430          | 10            | 240             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Boca Veggie Burgers       | 740                         | 360                       | 40                  | 10                      | 0                   | 60                  | 1700           | 60                    | 10           | 10            | 40             | 1430          | 10            | 300             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Gardein Burgers           | 790                         | 410                       | 50                  | 10                      | 0                   | 60                  | 1760           | 70                    | 10           | 10            | 30             | 1630          | 10            | 260             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Grilled Chicken           | 770                         | 370                       | 40                  | 10                      | 0                   | 140                 | 1410           | 50                    | 0            | 10            | 50             | 1460          | 10            | 240             | 0            |
| Bacon Cheddar Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Turkey Burgers            | 960                         | 590                       | 70                  | 20                      | 0                   | 150                 | 2050           | 50                    | 0            | 10            | 50             | 1530          | 10            | 240             | 0            |
| Gardein Black Bean Burger (1 serving)                                                                        | 330                         | 270                       | 30                  | 10                      | 0                   | 60                  | 650            | 10                    | 0            | 0             | 10             | 600           | 0             | 160             | 0            |
|                                                                                                              | 620                         | 380                       | 40                  | 10                      | 0                   | 60                  | 1170           | 50                    | 10           | 10            | 20             | 850           | 0             | 200             | 0            |
| Rocket Double Burger (1 serving)                                                                             | 560                         | 340                       | 40                  | 10                      | 0                   | 60                  | 1010           | 40                    | 0            | 10            | 20             | 850           | 0             | 180             | 0            |
| Rocket Double Burger (1 serving) with Bun Choice Gluten Free                                                 | 520                         | 290                       | 30                  | 10                      | 0                   | 60                  | 910            | 40                    | 0            | 10            | 20             | 600           | 0             | 180             | 0            |
| Rocket Double Burger (1 serving) with Bun Choice Regular                                                     | 540                         | 400                       | 40                  | 10                      | 0                   | 130                 | 1250           | 10                    | 0            | 0             | 30             | 610           | 0             | 180             | 0            |
| Rocket Double Burger (1 serving) with Bun Choice Wheat                                                       | 450                         | 280                       | 30                  | 10                      | 0                   | 60                  | 1160           | 10                    | 10           | 0             | 30             | 600           | 0             | 240             | 0            |
| Rocket Double Burger (1 serving) with Burger Patty Choice Beef Burgers                                       | 500                         | 330                       | 40                  | 10                      | 0                   | 60                  | 1220           | 30                    | 10           | 10            | 20             | 800           | 10            | 200             | 0            |
| Rocket Double Burger (1 serving) with Burger Patty Choice Boca Veggie Burgers                                | 490                         | 290                       | 30                  | 10                      | 0                   | 140                 | 880            | 10                    | 0            | 0             | 40             | 630           | 10            | 180             | 0            |
| Rocket Double Burger (1 serving) with Burger Patty Choice Gardein Burgers                                    | 670                         | 510                       | 60                  | 20                      | 0                   | 150                 | 1510           | 10                    | 0            | 0             | 40             | 700           | 0             | 180             | 0            |
| Rocket Double Burger (1 serving) with Burger Patty Choice Grilled Chicken                                    | 840                         | 500                       | 60                  | 20                      | 0                   | 130                 | 1770           | 50                    | 10           | 10            | 40             | 850           | 0             | 220             | 0            |
| Rocket Double Burger (1 serving) with Burger Patty Choice Turkey Burgers                                     | 740                         | 390                       | 40                  | 10                      | 0                   | 60                  | 1680           | 60                    | 10           | 10            | 40             | 850           | 0             | 280             | 0            |
| Rocket Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Beef Burgers               | 790                         | 440                       | 50                  | 10                      | 0                   | 60                  | 1740           | 70                    | 10           | 10            | 20             | 1050          | 10            | 240             | 0            |
| Rocket Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Boca Veggie Burgers        | 780                         | 390                       | 40                  | 10                      | 0                   | 140                 | 1390           | 50                    | 10           | 10            | 50             | 880           | 10            | 220             | 0            |
| Rocket Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Gardein Burgers            | 960                         | 620                       | 70                  | 20                      | 0                   | 150                 | 2030           | 50                    | 10           | 10            | 40             | 950           | 0             | 220             | 0            |
| Rocket Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Grilled Chicken            | 780                         | 460                       | 50                  | 20                      | 0                   | 130                 | 1610           | 40                    | 0            | 10            | 40             | 850           | 0             | 200             | 0            |
| Rocket Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Turkey Burgers             | 680                         | 350                       | 40                  | 10                      | 0                   | 60                  | 1520           | 50                    | 10           | 10            | 40             | 850           | 0             | 260             | 0            |
| Rocket Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Beef Burgers                   | 730                         | 400                       | 40                  | 10                      | 0                   | 60                  | 1580           | 60                    | 10           | 10            | 20             | 1050          | 10            | 220             | 0            |
| Rocket Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Boca Veggie Burgers            | 720                         | 360                       | 40                  | 10                      | 0                   | 140                 | 1230           | 40                    | 0            | 10            | 50             | 880           | 10            | 200             | 0            |
| Rocket Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Gardein Burgers                | 900                         | 580                       | 60                  | 20                      | 0                   | 150                 | 1870           | 40                    | 0            | 10            | 40             | 950           | 0             | 200             | 0            |
| Rocket Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Grilled Chicken                | 730                         | 420                       | 50                  | 20                      | 0                   | 130                 | 1510           | 40                    | 0            | 10            | 40             | 610           | 0             | 200             | 0            |
| Rocket Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Turkey Burgers                 | 640                         | 300                       | 30                  | 10                      | 0                   | 60                  | 1420           | 50                    | 10           | 10            | 40             | 600           | 0             | 260             | 0            |
| Rocket Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Beef Burgers                     | 690                         | 360                       | 40                  | 10                      | 0                   | 60                  | 1480           | 70                    | 10           | 10            | 30             | 800           | 10            | 220             | 0            |
| Rocket Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Boca Veggie Burgers              | 680                         | 310                       | 30                  | 10                      | 0                   | 140                 | 1140           | 40                    | 0            | 10            | 50             | 630           | 10            | 200             | 0            |
| Rocket Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Gardein Burgers                  | 860                         | 540                       | 60                  | 20                      | 0                   | 150                 | 1770           | 40                    | 0            | 10            | 40             | 700           | 0             | 200             | 0            |
| Rocket Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Grilled Chicken                  |                             |                           |                     |                         |                     |                     |                |                       |              |               |                |               |               |                 |              |
| Rocket Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Turkey Burgers                   |                             |                           |                     |                         |                     |                     |                |                       |              |               |                |               |               |                 |              |

Certified Angus Beef Quarter Pound Burgers

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

Certified Angus Beef Quarter Pound Burgers

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

Certified Angus Beef Quarter Pound Burgers

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

## Certified Angus Beef Quarter Pound Burgers

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

Create Your Burger Items

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

Fresh Favorites

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

Sourdough Specials

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

Salads

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

Salads Dressings

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

## Kids Meals and Shakes

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

## Kids Meals and Shakes

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

Soda and More Items

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

Shakes

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

Breakfast EntreesBreakfast Entrees

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

Breakfast EntreesBreakfast Entrees

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

Breakfast EntreesBreakfast Entrees

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

Breakfast EntreesBreakfast Entrees

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

|                                                                                                                                                                          |      |     |    |    |   |     |      |     |    |    |    |      |    |     |    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-----|----|----|---|-----|------|-----|----|----|----|------|----|-----|----|
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chicken Tenders, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions           | 1100 | 380 | 40 | 10 | 0 | 860 | 1940 | 120 | 10 | 10 | 60 | 1270 | 10 | 190 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chili, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes                                        | 1280 | 540 | 60 | 20 | 0 | 860 | 2230 | 130 | 10 | 10 | 50 | 1350 | 20 | 120 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chili, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions                            | 1300 | 550 | 60 | 20 | 0 | 860 | 2270 | 130 | 10 | 10 | 50 | 1190 | 40 | 130 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chili, Toast Choice Sourdough, Vegetable Choice Grilled White Onions                                  | 1310 | 550 | 60 | 20 | 0 | 860 | 2270 | 130 | 10 | 10 | 50 | 1070 | 10 | 130 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chili, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes                           | 1160 | 520 | 60 | 20 | 0 | 860 | 1950 | 110 | 10 | 10 | 50 | 1350 | 20 | 200 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chili, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions               | 1180 | 530 | 60 | 20 | 0 | 860 | 1990 | 110 | 10 | 10 | 50 | 1190 | 40 | 210 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chili, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions                     | 1190 | 530 | 60 | 20 | 0 | 860 | 1990 | 110 | 10 | 10 | 50 | 1070 | 10 | 210 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Grilled Chicken, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes                              | 1170 | 360 | 40 | 20 | 0 | 900 | 1880 | 120 | 0  | 10 | 80 | 1380 | 10 | 100 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Grilled Chicken, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions                  | 1200 | 380 | 40 | 20 | 0 | 900 | 1920 | 120 | 0  | 10 | 80 | 1220 | 30 | 110 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Grilled Chicken, Toast Choice Sourdough, Vegetable Choice Grilled White Onions                        | 1200 | 370 | 40 | 20 | 0 | 900 | 1920 | 120 | 0  | 10 | 80 | 1100 | 10 | 110 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Grilled Chicken, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes                 | 1050 | 340 | 40 | 10 | 0 | 900 | 1600 | 100 | 0  | 10 | 70 | 1380 | 10 | 180 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Grilled Chicken, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions     | 1080 | 360 | 40 | 10 | 0 | 900 | 1640 | 100 | 0  | 10 | 70 | 1220 | 30 | 190 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Grilled Chicken, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions           | 1080 | 360 | 40 | 10 | 0 | 900 | 1640 | 100 | 0  | 10 | 70 | 1100 | 10 | 190 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Philly Cheese Steak, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes                          | 1350 | 550 | 60 | 20 | 0 | 920 | 3600 | 120 | 0  | 10 | 70 | 1350 | 10 | 110 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Philly Cheese Steak, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions              | 1380 | 570 | 60 | 20 | 0 | 920 | 3640 | 130 | 0  | 10 | 70 | 1190 | 30 | 110 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Philly Cheese Steak, Toast Choice Sourdough, Vegetable Choice Grilled White Onions                    | 1380 | 560 | 60 | 20 | 0 | 920 | 3640 | 130 | 0  | 10 | 70 | 1070 | 10 | 120 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Philly Cheese Steak, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes             | 1230 | 530 | 60 | 20 | 0 | 920 | 3320 | 100 | 0  | 10 | 70 | 1350 | 10 | 190 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Philly Cheese Steak, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions | 1260 | 550 | 60 | 20 | 0 | 920 | 3360 | 100 | 0  | 10 | 70 | 1190 | 30 | 190 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Philly Cheese Steak, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions       | 1260 | 550 | 60 | 20 | 0 | 920 | 3360 | 110 | 0  | 10 | 70 | 1070 | 10 | 200 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Sausage, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes                                      | 1520 | 780 | 90 | 30 | 0 | 920 | 2880 | 120 | 0  | 10 | 60 | 1350 | 10 | 120 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Sausage, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions                          | 1540 | 790 | 90 | 30 | 0 | 920 | 2920 | 120 | 0  | 10 | 60 | 1190 | 30 | 130 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Sausage, Toast Choice Sourdough, Vegetable Choice Grilled White Onions                                | 1550 | 790 | 90 | 30 | 0 | 920 | 2910 | 130 | 0  | 10 | 60 | 1070 | 10 | 130 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Sausage, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes                         | 1400 | 760 | 80 | 30 | 0 | 920 | 2600 | 100 | 0  | 10 | 50 | 1350 | 10 | 200 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Sausage, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions             | 1420 | 770 | 90 | 30 | 0 | 920 | 2640 | 100 | 0  | 10 | 50 | 1190 | 30 | 210 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Sausage, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions                   | 1430 | 770 | 90 | 30 | 0 | 920 | 2630 | 100 | 0  | 10 | 50 | 1070 | 10 | 210 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Seasoned Ground Beef, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes                         | 1230 | 470 | 50 | 20 | 0 | 890 | 2260 | 120 | 0  | 10 | 60 | 1360 | 10 | 110 | 10 |
| Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Seasoned Ground Beef, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions             | 1250 | 480 | 50 | 20 |   |     |      |     |    |    |    |      |    |     |    |



Breakfast EntreesBreakfast Entrees

|                                                                                                                                                                                                | Total<br>Calories<br>(kcal) | Fat<br>Calories<br>(kcal) | Total<br>Fat<br>(g) | Saturated<br>Fat<br>(g) | Trans<br>Fat<br>(g) | Cholesterol<br>(mg) | Sodium<br>(mg) | Total<br>Carbs<br>(g) | Fiber<br>(g) | Sugars<br>(g) | Protein<br>(g) | Vit A<br>(iu) | Vit C<br>(mg) | Calcium<br>(mg) | Iron<br>(mg) |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|---------------------------|---------------------|-------------------------|---------------------|---------------------|----------------|-----------------------|--------------|---------------|----------------|---------------|---------------|-----------------|--------------|
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chicken Tenders, Toast Choice Sourdough, Vegetable Choice Grilled White Onions                         | 1380                        | 510                       | 60                  | 20                      | 0                   | 900                 | 2300           | 140                   | 0            | 10            | 70             | 1680          | 10            | 530             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chicken Tenders, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes                  | 1230                        | 480                       | 50                  | 20                      | 0                   | 900                 | 1990           | 120                   | 10           | 10            | 70             | 1960          | 10            | 600             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chicken Tenders, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions      | 1260                        | 490                       | 50                  | 20                      | 0                   | 900                 | 2030           | 120                   | 10           | 10            | 70             | 1790          | 30            | 610             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chicken Tenders, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions            | 1260                        | 490                       | 50                  | 20                      | 0                   | 900                 | 2020           | 120                   | 10           | 10            | 70             | 1680          | 10            | 610             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chili, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes                                         | 1430                        | 640                       | 70                  | 30                      | 0                   | 900                 | 2320           | 130                   | 10           | 10            | 60             | 1760          | 20            | 540             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chili, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions                             | 1460                        | 660                       | 70                  | 30                      | 0                   | 900                 | 2360           | 130                   | 10           | 10            | 60             | 1590          | 40            | 550             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chili, Toast Choice Sourdough, Vegetable Choice Grilled White Onions                                   | 1460                        | 660                       | 70                  | 30                      | 0                   | 900                 | 2350           | 130                   | 10           | 10            | 60             | 1480          | 10            | 550             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chili, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes                            | 1310                        | 630                       | 70                  | 30                      | 0                   | 900                 | 2040           | 110                   | 10           | 10            | 60             | 1760          | 20            | 620             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chili, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions                | 1340                        | 640                       | 70                  | 30                      | 0                   | 900                 | 2080           | 110                   | 10           | 10            | 60             | 1590          | 40            | 630             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chili, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions                      | 1340                        | 640                       | 70                  | 30                      | 0                   | 900                 | 2070           | 110                   | 10           | 10            | 60             | 1480          | 10            | 630             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Grilled Chicken, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes                               | 1330                        | 470                       | 50                  | 20                      | 0                   | 940                 | 1970           | 120                   | 0            | 10            | 90             | 1790          | 10            | 520             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Grilled Chicken, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions                   | 1360                        | 480                       | 50                  | 20                      | 0                   | 940                 | 2010           | 120                   | 0            | 10            | 90             | 1620          | 30            | 520             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Grilled Chicken, Toast Choice Sourdough, Vegetable Choice Grilled White Onions                         | 1360                        | 480                       | 50                  | 20                      | 0                   | 940                 | 2000           | 120                   | 0            | 10            | 90             | 1510          | 10            | 530             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Grilled Chicken, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes                  | 1210                        | 450                       | 50                  | 20                      | 0                   | 940                 | 1690           | 100                   | 0            | 10            | 80             | 1790          | 10            | 600             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Grilled Chicken, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions      | 1240                        | 460                       | 50                  | 20                      | 0                   | 940                 | 1730           | 100                   | 0            | 10            | 80             | 1620          | 30            | 600             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Grilled Chicken, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions            | 1240                        | 460                       | 50                  | 20                      | 0                   | 940                 | 1720           | 100                   | 0            | 10            | 80             | 1510          | 10            | 610             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Philly Cheese Steak, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes                           | 1510                        | 660                       | 70                  | 30                      | 0                   | 960                 | 3680           | 120                   | 0            | 10            | 80             | 1760          | 10            | 530             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Philly Cheese Steak, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions               | 1540                        | 670                       | 70                  | 30                      | 0                   | 960                 | 3730           | 130                   | 0            | 10            | 80             | 1590          | 30            | 530             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Philly Cheese Steak, Toast Choice Sourdough, Vegetable Choice Grilled White Onions                     | 1540                        | 670                       | 70                  | 30                      | 0                   | 960                 | 3720           | 130                   | 0            | 10            | 80             | 1480          | 10            | 530             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Philly Cheese Steak, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes              | 1390                        | 640                       | 70                  | 30                      | 0                   | 960                 | 3400           | 100                   | 0            | 10            | 80             | 1760          | 10            | 610             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Philly Cheese Steak, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions  | 1420                        | 650                       | 70                  | 30                      | 0                   | 960                 | 3450           | 110                   | 0            | 10            | 80             | 1590          | 30            | 610             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Philly Cheese Steak, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions        | 1420                        | 650                       | 70                  | 30                      | 0                   | 960                 | 3440           | 110                   | 0            | 10            | 80             | 1480          | 10            | 610             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Sausage, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes                                       | 1670                        | 880                       | 100                 | 40                      | 0                   | 960                 | 2960           | 120                   | 0            | 10            | 70             | 1760          | 10            | 540             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Sausage, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions                           | 1700                        | 900                       | 100                 | 40                      | 0                   | 960                 | 3000           | 120                   | 0            | 10            | 70             | 1590          | 30            | 550             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Sausage, Toast Choice Sourdough, Vegetable Choice Grilled White Onions                                 | 1700                        | 890                       | 100                 | 40                      | 0                   | 960                 | 3000           | 130                   | 0            | 10            | 70             | 1480          | 10            | 550             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Sausage, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes                          | 1550                        | 860                       | 100                 | 40                      | 0                   | 960                 | 2680           | 100                   | 0            | 10            | 70             | 1760          | 10            | 620             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Sausage, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions              | 1580                        | 880                       | 100                 | 40                      | 0                   | 960                 | 2720           | 100                   | 0            | 10            | 70             | 1590          | 30            | 630             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Sausage, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions                    | 1580                        | 880                       | 100                 | 40                      | 0                   | 960                 | 2720           | 110                   | 0            | 10            | 70             | 1480          | 10            | 630             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Seasoned Ground Beef, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes                          | 1390                        | 580                       | 60                  | 30                      | 0                   | 930                 | 2340           | 120                   | 0            | 10            | 80             | 1770          | 10            | 520             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Seasoned Ground Beef, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions              | 1410                        | 590                       | 70                  | 30                      | 0                   | 930                 | 2380           | 120                   | 0            | 10            | 80             | 1600          | 30            | 530             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Seasoned Ground Beef, Toast Choice Sourdough, Vegetable Choice Grilled White Onions                    | 1420                        | 590                       | 70                  | 30                      | 0                   | 930                 | 2380           | 120                   | 0            | 10            | 80             | 1490          | 10            | 530             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Seasoned Ground Beef, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes             | 1270                        | 560                       | 60                  | 30                      | 0                   | 930                 | 2060           | 100                   | 0            | 10            | 70             | 1770          | 10            | 600             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Seasoned Ground Beef, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions | 1290                        | 570                       | 60                  | 30                      | 0                   | 930                 | 2100           | 100                   | 0            | 10            | 70             | 1600          | 30            | 610             | 10           |
| Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Seasoned Ground Beef, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions       | 1300                        | 570                       | 60                  | 30                      | 0                   | 930                 | 2100           | 100                   | 0            | 10            | 70             | 1490          | 10            | 610             | 10           |
| Country Sausage and Gravy Scrambler (1 serving)                                                                                                                                                | 1450                        | 850                       | 90                  | 30                      | 0                   | 950                 | 2740           | 90                    | 0            | 10            | 60             | 1410          | 10            | 320             | 10           |
| Eggs My Way, One Egg (1 serving)                                                                                                                                                               | 320                         | 170                       | 20                  | 10                      | 0                   | 230                 | 510            | 30                    | 0            | 0             | 10             | 440           | 10            | 30              | 0            |
| Eggs My Way, One Egg (1 serving) with Meat Choice Bacon                                                                                                                                        | 500                         | 300                       | 30                  | 10                      | 0                   | 270                 | 1110           | 30                    | 0            | 0             | 20             | 440           | 10            | 30              | 0            |
| Eggs My Way, One Egg (1 serving) with Meat Choice Sausage                                                                                                                                      | 820                         | 610                       | 70                  | 20                      | 0                   | 330                 | 1730           | 30                    | 0            | 0             | 20             | 440           | 10            | 70              | 0            |
| Eggs My Way, One Egg (1 serving) with Toast Choice Sourdough                                                                                                                                   | 560                         | 200                       | 20                  | 10                      | 0                   | 230                 | 990            | 70                    | 0            | 0             | 20             | 440           | 10            | 30              | 0            |
| Eggs My Way, One Egg (1 serving) with Toast Choice Toasted English Muffin                                                                                                                      | 440                         | 180                       | 20                  | 10                      | 0                   | 230                 | 710            | 50                    | 0            | 0             | 10             | 440           | 10            | 110             | 0            |
| Eggs My Way, One Egg (1 serving) with Meat Choice Bacon, Toast Choice Sourdough                                                                                                                | 740                         | 330                       | 40                  | 10                      | 0                   | 270                 | 1590           | 70                    | 0            | 0             | 30             | 440           | 10            | 30              | 0            |
| Eggs My Way, One Egg (1 serving) with Meat Choice Bacon, Toast Choice Toasted English Muffin                                                                                                   | 620                         | 310                       | 30                  | 10                      | 0                   | 270                 | 1310           | 50                    | 0            | 0             | 20             | 440           | 10            | 110             | 0            |
| Eggs My Way, One Egg (1 serving) with Meat Choice Sausage, Toast Choice Sourdough                                                                                                              | 1060                        | 630                       | 70                  | 30                      | 0                   | 330                 | 2210           | 70                    | 0            | 0             | 30             | 440           | 10            | 70              | 0            |
| Eggs My Way, One Egg (1 serving) with Meat Choice Sausage, Toast Choice Toasted English Muffin                                                                                                 | 940                         | 610                       | 70                  | 20                      | 0                   | 330                 | 1930           | 50                    | 0            | 0             | 30             | 440           | 10            | 150             | 0            |
| Eggs My Way, Three Eggs (1 serving)                                                                                                                                                            | 470                         | 260                       | 30                  | 10                      | 0                   | 660                 | 650            | 30                    | 0            | 0             | 20             | 930           | 10            | 80              | 0            |
| Eggs My Way, Three Eggs (1 serving) with Meat Choice Bacon                                                                                                                                     | 650                         | 390                       | 40                  | 20                      | 0                   | 700                 | 1250           | 30                    | 0            | 0             | 30             | 930           | 10            | 80              | 0            |
| Eggs My Way, Three Eggs (1 serving) with Meat Choice Sausage                                                                                                                                   | 970                         | 690                       | 80                  | 30                      | 0                   | 760                 | 1870           | 30                    | 0            | 0             | 40             | 930           | 10            | 120             | 0            |
| Eggs My Way, Three Eggs (1 serving) with Toast Choice Sourdough                                                                                                                                | 710                         | 290                       | 30                  | 10                      | 0                   | 660                 | 1130           | 70                    | 0            | 10            | 30             | 930           | 10            | 80              | 0            |
| Eggs My Way, Three Eggs (1 serving) with Toast Choice Toasted English Muffin                                                                                                                   | 590                         | 270                       | 30                  | 10                      | 0                   | 660                 | 850            | 50                    | 0            | 0             | 30             | 930           | 10            | 160             | 10           |
| Eggs My Way, Three Eggs (1 serving) with Meat Choice Bacon, Toast Choice Sourdough                                                                                                             | 890                         | 420                       | 50                  | 20                      | 0                   | 700                 | 1730           | 70                    | 0            | 10            | 40             | 930           | 10            | 80              | 0            |
| Eggs My Way, Three Eggs (1 serving) with Meat Choice Bacon, Toast Choice Toasted English Muffin                                                                                                | 770                         | 400                       | 40                  | 20                      | 0                   | 700                 | 1450           | 50                    | 0            | 0             | 40             | 930           | 10            | 160             | 10           |
| Eggs My Way, Three Eggs (1 serving) with Meat Choice Sausage, Toast Choice Sourdough                                                                                                           | 1210                        | 720                       | 80                  | 30                      | 0                   | 760                 | 2350           | 70                    | 0            | 10            | 40             | 930           | 10            | 120             | 10           |
| Eggs My Way, Three Eggs (1 serving) with Meat Choice Sausage, Toast Choice Toasted English Muffin                                                                                              | 1090                        | 700                       | 80                  | 30                      | 0                   | 760                 | 2070           | 50                    | 0            | 0             | 40             | 930           | 10            | 200             | 10           |
| Eggs My Way, Two Eggs (1 serving)                                                                                                                                                              | 400                         | 220                       | 20                  | 10                      | 0                   | 450                 | 580            | 30                    | 0            | 0             | 20             | 690           | 10            | 50              | 0            |
| Eggs My Way, Two Eggs (1 serving) with Meat Choice Bacon                                                                                                                                       | 580                         | 340                       | 40                  | 10                      | 0                   | 490                 | 1180           | 30                    | 0            | 0             | 30             | 690           | 10            | 50              | 0            |
| Eggs My Way, Two Eggs (1 serving) with Meat Choice Sausage                                                                                                                                     | 900                         | 650                       | 70                  | 30                      | 0                   | 550                 | 1800           | 30                    | 0            | 0             | 30             | 690           | 10            | 90              | 0            |
| Eggs My Way, Two Eggs (1 serving) with Toast Choice Sourdough                                                                                                                                  | 640                         | 240                       | 30                  | 10                      | 0                   | 450                 | 1060           | 70                    | 0            | 0             | 20             | 690           | 10            | 50              | 0            |
| Eggs My Way, Two Eggs (1 serving) with Toast Choice Toasted English Muffin                                                                                                                     | 520                         | 230                       | 30                  | 10                      | 0                   | 450                 | 780            | 50                    | 0            | 0             | 20             | 690           | 10            | 130             | 0            |
| Eggs My Way, Two Eggs (1 serving) with Meat Choice Bacon, Toast Choice Sourdough                                                                                                               | 820                         | 370                       | 40                  | 20                      | 0                   | 490                 | 1660           | 70                    | 0            | 0             | 40             | 690           | 10            | 50              | 0            |
| Eggs My Way, Two Eggs (1 serving) with Meat Choice Bacon, Toast Choice Toasted English Muffin                                                                                                  | 700                         | 350                       | 40                  | 10                      | 0                   | 490                 | 1380           | 50                    | 0            | 0             | 30             | 690           | 10            | 130             | 0            |
| Eggs My Way, Two Eggs (1 serving) with Meat Choice Sausage, Toast Choice Sourdough                                                                                                             | 1140                        | 680                       | 80                  | 30                      | 0                   | 550                 | 2280           | 70                    | 0            | 0             | 40             | 690           | 10            | 90              | 0            |
| Eggs My Way, Two Eggs (1 serving) with Meat Choice Sausage, Toast Choice Toasted English Muffin                                                                                                | 1020                        | 660                       | 70                  | 30                      | 0                   | 550                 | 2000           | 50                    | 0            | 0             | 30             | 690           | 10            | 170             | 0            |
| French Toast, 2 Slices (1 serving)                                                                                                                                                             | 620                         | 130                       | 10                  | 10                      | 0                   | 310                 | 690            | 100                   | 0            | 40            | 20             | 430           | 0             | 80              | 0            |
| French Toast, 2 Slices (1 serving) with Meat Choice Bacon                                                                                                                                      | 800                         | 260                       | 30                  | 10                      | 0                   | 350                 | 1290           | 100                   | 0            | 40            | 30             | 430           | 0             | 80              | 0            |
| French Toast, 2 Slices (1 serving) with Meat Choice Sausage                                                                                                                                    | 1120                        | 560                       | 60                  | 20                      | 0                   | 410                 | 1910           | 100                   | 0            | 40            | 30             | 430           | 0             | 120             | 0            |
| French Toast, 3 Slices (1 serving)                                                                                                                                                             | 800                         | 180                       | 20                  | 10                      | 0                   | 450                 | 990            | 130                   | 0            | 40            | 30             | 600           | 0             | 110             | 0            |
| French Toast, 3 Slices (1 serving) with Meat Choice Bacon                                                                                                                                      | 980                         | 310                       | 30                  | 10                      | 0                   | 490                 | 1590           | 130                   | 0            | 40            | 40             | 600           | 0             | 110             | 0            |
| French Toast, 3 Slices (1 serving) with Meat Choice Sausage                                                                                                                                    | 1300                        | 610                       | 70                  | 20                      | 0                   | 550                 | 2210           | 130                   | 0            | 40            | 40             | 600           | 0             | 150             | 0            |
| Pancakes, Three (1 serving)                                                                                                                                                                    | 660                         | 60                        | 10                  | 0                       | 0                   | 10                  | 1330           | 140                   | 0            | 50            | 10             | 100           | 0             | 80              | 0            |
| Pancakes, Three (1 serving) with Meat Choice Bacon                                                                                                                                             | 840                         | 190                       | 20                  | 10                      | 0                   | 50                  | 1930           | 140                   | 0            | 50            | 20             | 100           | 0             | 80              | 0            |
| Pancakes, Three (1 serving) with Meat Choice Sausage                                                                                                                                           | 1160                        | 500                       | 60                  | 20                      | 0                   | 110                 | 2550           | 140                   | 0            | 50            | 20             | 100           | 0             | 120             | 0            |
| Pancakes, Two (1 serving)                                                                                                                                                                      | 520                         | 50                        | 10                  | 0                       | 0                   | 10                  | 920            | 110                   | 0            | 40            | 10             | 100           | 0             | 60              | 0            |
| Pancakes, Two (1 serving) with Meat Choice Bacon                                                                                                                                               | 700                         | 180                       | 20                  | 10                      | 0                   | 50                  | 1520           | 110                   | 0            | 40            | 20             | 100           | 0             | 60              | 0            |
| Pancakes, Two (1 serving) with Meat Choice Sausage                                                                                                                                             | 1020                        | 490                       | 50                  | 20                      | 0                   | 110                 | 2140           | 110                   | 0            | 40            | 20             | 100           | 0             | 100             | 0            |
| Philly Cheese Steak Scrambler (1 serving)                                                                                                                                                      | 1270                        | 630                       | 70                  | 30                      | 0                   | 950                 | 3360           | 80                    | 0            | 10            | 70             | 1410          | 10            | 320             | 10           |
| Philly Cheese Steak Scrambler (1 serving) with Add Green Peppers                                                                                                                               | 1290                        | 630                       | 70                  | 30                      | 0                   | 950                 | 3360           | 90                    | 10           | 10            | 70             | 1620          | 60            | 330             | 10           |
| Philly Cheese Steak Scrambler (1 serving) with Add Mushrooms                                                                                                                                   | 1290                        | 630                       | 70                  | 30                      | 0                   | 950                 | 3360           | 90                    | 0            | 10            | 70             | 1410          | 10            | 320             | 10           |
| Philly Cheese Steak Scrambler (1 serving) with Add Green Peppers, Add Mushrooms                                                                                                                | 1300                        | 630                       | 70                  | 30                      | 0                   | 950                 | 3360           | 90                    | 10           | 10            | 70             | 1620          | 60            | 330             | 10           |
| The Works Scrambler (1 serving)                                                                                                                                                                | 1310                        | 680                       | 80                  | 30                      | 0                   | 910                 | 2290           | 90                    | 10           | 10            | 60             | 1620          | 60            | 350             | 10           |

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

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

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

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

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