



LUNCH/DINNER NUTRITIONAL GUIDE

SIGNATURE SANDWICHES

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT(g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
Burger + Cheese	600	360	40	15	1	90	1130	34	2	7	28
Burger + Cheese Bowl	460	340	37	14	1	90	870	8	1	4	23
Double Burger + Cheese	970	630	70	28	3	180	1480	36	2	7	49
Double Burger + Cheese Bowl	830	610	68	27	3	180	1230	9	2	5	44
Burger + Bacon + Cheese	760	390	52	18	1	115	1480	39	2	10	35
Burger + Bacon + Cheese Bowl	570	340	46	17	1	115	1230	8	1	5	30
Burger + Avocado + Pepper Jack	720	460	51	16	1	95	810	38	3	5	29
Burger + Avocado + Peppr Jack Bowl	570	440	49	16	1	95	560	11	3	3	24
Chipotle Black Bean + Cheese	480	140	16	4	0	15	1280	70	11	18	24
Chipotle Black Bean + Chz Bwl	330	120	13	4	0	15	1030	43	11	15	19
Beyond® + Cheese Burger	580	290	32	12	0	20	1270	45	5	7	29
Beyond® + Cheese Burger Bowl	430	270	30	12	0	15	1010	18	5	4	24
Grilled Chicken + Bacon	490	120	22	6	0	100	1080	33	2	7	40
Grilled Chicken + Bacon Bowl	330	100	20	5	0	100	820	5	1	3	35

SIDES

Classic Fries	200	80	9	1	0	0	460	31	2	1	2
Classic Fries, Large	340	130	15	2	0	0	770	52	4	2	4
Ranch Fries	200	80	9	1	0	0	370	31	2	1	2
Ranch Fries, Large	340	130	15	2	0	0	620	52	4	2	4
Sweet Potato Fries	330	0	19	3	0	0	540	39	2	12	2
Sweet Potato Fries, Large	530	0	30	4	0	0	860	63	3	19	3

LOCAL FAVORITES

Grilled Cheese	420	230	26	15	0	70	700	33	1	6	14
Patty Melt	810	530	59	25	1	135	630	37	2	8	33
Philly Cheesesteak Sandwich	520	220	26	11	0	90	1060	42	> 1g	7	30
Beer-Battered Cod Sandwich	570	320	36	5	0	30	660	44	2	6	18
Kosher Hot Dog	490	300	33	13	1	60	1460	30	2	4	18
Mozzarella Sticks & Sauce	410	160	18	7	0	40	940	43	2	5	19

BREAKFAST ALL DAY

Egg+Meat+Cheese+Sriracha+Muffin	610	370	41	18	0	290	1410	37	1	9	23
Egg+Meat+Cheese+Sriracha+Muffin	540	320	35	16	0	275	1220	37	1	10	21
Egg + Cheese + Muffin	270	110	12	5	0	220	550	25	> 1g	2	15
Egg + Bacon + Cheese + Muffin	370	190	21	8	0	240	920	26	> 1g	2	21



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CHICKEN

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT(g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
Crispy Chicken Strips 3 Piece	500	280	31	5	0	80	980	28	> 1g	0	30
Crispy Chicken Strips 5 Piece	840	460	51	9	0	130	1630	47	1	0	50
Crispy Chicken Tender Sandwich	620	210	34	6	0	60	1590	56	2	10	26
Crispy Chicken Tender Bowl	470	180	31	5	0	60	1340	29	2	8	21
Nashville Ranch Spicy Chicken	560	260	29	5	0	55	1420	50	2	6	26
Nashville Ranch Spicy Chicken Bowl	410	240	27	4	0	55	1170	23	2	3	21

CREATE YOUR OWN

Iceberg Lettuce	0	0	0	0	0	0	0	0	0	0	0
Tomato	5	0	0	0	0	0	0	1	0	> 1g	0
Sliced Yellow Onions	0	0	0	0	0	0	0	0	0	0	0
Pickles	0	0	0	0	0	0	250	> 1g	0	0	0
Sriracha Ketchup	20	0	0	0	0	0	220	5	0	4	0
Burger Sauce	70	60	7	1	0	3.5	105	2	0	1	0
Chipotle Mayonnaise	110	100	12	2	0	6	100	> 1g	0	0	0
Barbecue Sauce	35	0	0	0	0	0	140	9	0	8	0
Dijon Horseradish Mayonnaise	70	70	7	1	0	4	140	> 1g	0	0	0
American Cheese	50	35	4	2.5	0	13	150	1	0	0	3
Pepper Jack Cheese	50	40	4.5	2.5	0	15	90	0	0	0	3
Cheddar Cheese	60	40	4.5	2.5	0	14	95	0	0	0	3
Angus Beef Patty	320	240	27	11	1	75	210	> 1g	0	0	19
Chipotle Black Bean Burger	170	45	5	0	0	0	450	26	9	3	15
Beyond Burger® Patty	290	170	19	8	0	0	350	11	3	0	20
Bacon	0	0	0	0	0	1	10	0	0	0	0
Smashed Avocado Spread	35	30	3	0	0	0	95	2	1	0	0
Potato Roll	160	20	2	0	0	0	260	30	1	4	6
Chicken Breast	140	30	3	1	0	70	230	0	0	0	27
Corn Chips	25	15	1.5	0	0	0	30	3	0	0	0
Jalapeno Peppers	5	0	0	0	0	0	510	1	> 1g	0	0
Caramelized Onions	45	30	3.5	0	0	0	0	4	> 1g	2	> 1g
Swiss Cheese	60	40	4.5	2.5	0	13	25	0	0	0	4
Chicken Sauce	120	0	11	1.5	0	8	280	6	0	5	> 1g
Nashville Ranch	60	50	6	1	0	4.5	110	> 1g	0	0	0