

NUTRITION INFORMATION



Item/Portion

BURGERS										
	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
Stand Burger on Brioche Bun	710	41.0	20.1	0.0	135	53	12	4	28	1016
ABC Burger on Brioche Bun	910	60.5	24.1	0.0	173	49	9	4	57	1091
Big Blue Burger on Brioche Bun	880	51.5	26.1	0.0	178	58	17	3	61	1511
French Onion Soup Burger on Double Parmesan-Crusted Bun	1070	61.0	27.0	0.0	170	78	15	5	62	2200
Havarti Shroom Burger on Brioche Bun	830	52.5	25.1	0.0	168	51	9	4	53	1321
Onion Stack Burger on Brioche Bun	1150	70.5	30.1	0.0	183	78	26	4	63	1591
Ultimate Egg Burger on Brioche Bun	960	59.5	24.1	0.0	373	57	18	2	61	1661
Jalapeño Bacon Burger on Brioche Bun	1050	61.1	25.4	0.1	171	78	17	4	48	3040
Veggie Bliss Burger on Wheat Bun	820	42.5	14.1	0.5	43	94	18	10	25	1501
BREAD & BURGER BUN OPTIONS										
	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
Brioche Bun	270	7.0	3.0	0.0	25	44	7	2	8	220
Brioche Bun (Toasted)	320	13.3	7.0	0.0	42	44	7	2	8	220
Wheat Bun	210	4.5	1.5	0.5	0	39	9	2	5	130
Wheat Bun (Toasted)	260	10.8	5.5	0.5	17	39	9	2	5	130
Lettuce Wrap	20	0.3	0.0	0.0	0	6	4	2	2	20
Pretzel Bun	270	3.5	1.5	0.0	0	51	1	2	8	580
Pretzel Bun (Toasted)	320	9.8	5.5	0.0	17	51	1	2	8	580
Gluten Free Bun	340	11.0	1.0	0.0	0	58	4	3	4	600
Gluten Free Bun (Toasted)	390	17.3	5.0	0.0	7	58	4	3	4	580
Sourdough Bread (2 slices)	200	0.0	0.0	0.0	0	43	0	2	6	480
Sourdough Bread (Toasted)	300	11.8	7.5	0.0	32	43	0	2	6	480
Bed of Romaine (No Bun)	10	0.3	0.0	0.0	0	3	1	2	1	8
Bed of Spring Mix (No Bun)	10	0.0	0.0	0.0	0	1	0	0	1	40
Bed of Arugula (No Bun)	10	0	0	0	0	2	1	1	1	12
PROTEIN										
	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
Beef Patty	280	19.2	9.1	0.1	87	0	0	0	28	342
Turkey Patty	210	14.0	5.0	0.0	95	0	0	0	22	670
Chicken Breast	230	7.9	1.9	0.0	102	1	1	0	39	183
Veggie Patty	200	1.5	0.0	0.0	0	36	2	5	12	760
Ahi Tuna	160	3.0	0.0	0.0	0	7	0	2	25	2
Falafel (4 pieces)	220	8.7	0.4	0.0	0	31	5	8	9	560
Miso Salmon	260	14.2	2.2	0.1	76	5	5	0	31	749
Sliced Turkey	120	2.0	0.0	0.0	60	2	2	0	22	580
Steak	250	10.0	4.0	0.0	70	5	3	0	34	1080
Tuna Salad	260	20.4	3.4	0.0	45	6	2	1	14	454
CONDIMENTS										
	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
Banana Peppers	5	0.0	0.0	0.0	0	1	0	0	0	196
BBQ Sauce	60	0.0	0.0	0.0	0	16	14	0	0	258
Chipotle Crema	60	4.9	2.8	0.0	14	4	2	0	1	322

Condiments continued

Diced Red Peppers	10	0.1	0.0	0.0	0	3	2	1	0	2
Diced Tomato	5	0.1	0.0	0.0	0	1	1	0	0	2
Diced Yellow Onion	10	0.0	0.0	0.0	0	2	2	1	0	1
Fire Sauce	60	4.0	0.7	0.0	0	7	1	5	0	559
Grilled Onion	20	0.8	0.0	0.0	0	3	2	1	0	66
Hickory Sauce	40	0.0	0.0	0.0	0	10	0	0	0	432
Jalapeño Scallion Aioli	100	10.4	1.8	0.0	6	2	0	0	1	211
Ketchup	40	0.0	0.0	0.0	0	12	10	0	0	439
Lettuce	5	0.0	0.0	0.0	0	1	1	0	0	4
Mayonnaise	210	26.1	4.4	0.0	11	0	0	0	0	109
Meyer Lemon Aioli	190	20.7	3.8	0.0	9	1	0	0	0	160
Pickled Jalapeños	30	0.0	0.0	0.0	0	8	7	0	0	386
Pickled Red Onions	30	0.0	0.0	0.0	0	8	7	0	0	386
Ranch Dressing	210	23.1	3.6	0.0	12	1	0	0	0	313
Sliced Red Onion	10	0.0	0.0	0.0	0	2	2	1	0	1
Spicy Honey Mustard	40	0.7	0.0	0.0	0	10	9	1	1	461
Stand Burger Sauce	130	12.8	1.9	0.0	8	4	3	0	0	463
Stand Pickles	5	0.0	0.0	0.0	0	1	0	0	0	174
Sweet Chili Aioli	200	20.0	3.3	0.0	11	5	5	0	0	293
Sweet Pickle Relish	20	0.0	0.0	0.0	0	5	5	0	0	95
Tahini Sauce	90	8.4	1.2	0.0	0	5	1	0	3	362
Teriyaki Sauce	70	0.0	0.0	0.0	0	17	14	0	1	1093
Tomato	5	0.1	0.0	0.0	0	1	1	0	0	1
Yellow Mustard	30	1.8	0.1	0.0	0	2	0	1	1	429

LOADED TOPPINGS

	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
American Cheese	60	5.5	3.0	0.0	15	0	0	0	3	310
Arugula	5	0.1	0.0	0.0	0	1	0	0	0	4
Avocado	30	3.0	0.4	0.0	0	2	0	1	0	1
Bacon	60	5.3	1.7	0.0	13	0	0	0	4	266
Bacon Tomato Jam	170	11.2	3.9	0.0	17	15	12	0	3	284
Blue Cheese	150	12.3	7.7	0.0	38	2	0	0	9	568
Cheddar Cheese	80	7.0	4.0	0.0	20	<1	0	0	5	135
Corn Salsa	40	0.2	0.0	0.0	0	9	3	1	1	339
Crispy Onion Strings	100	1.4	0.1	0.0	1	19	0	1	3	1370
Fried Egg	100	7.5	2.2	0.0	207	0	0	0	7	107
Gruyere Cheese	70	6.1	3.6	0.3	12	0	0	0	5	121
Guacamole	100	9.2	1.4	0.0	0	7	4	1	1	149
Havarti Cheese	90	8.0	5.0	0.0	25	0	0	0	4	170
Mushroom Topping	30	2.8	0.4	0	7	2	1	1	1	254
Pepper Jack Cheese	80	6.0	4.0	0.0	20	<1	0	0	5	135
Roasted Jalapeño	20	2.3	0.2	0.0	0	1	1	0	0	0
Stand Chili (topping)	180	15.3	5.7	0.4	30	6	1	2	6	409
Stand Chips (topping)	50	4.1	0.4	0.0	0	5	0	2	0	250

Loaded Toppings continued

Stand Slaw (topping)	40	3.7	0.6	0.0	2	4	2	1	1	102
BOWLS										
	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
Miso Salmon Bowl	970	39.3	6.1	0.1	83	115	14	5	45	2958
Teriyaki Chicken Bowl	920	23.3	4.3	0.0	110	130	42	6	51	3469
Tex-Mex Steak Bowl	1020	32	9	0	84	128	30	8	50	2871
STANDWICHES										
	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
BBQ Brisket on Pretzel Bun	610	17.5	7.6	0.0	33	81	19	4	26	2431
Buffalo Chicken on Brioche Bun	800	32.5	12.1	0.0	153	60	12	4	59	961
Chicken Club on Brioche Bun	750	39.5	13.1	0.0	163	51	11	4	63	731
Grand Stand Turkey on Griddled Sourdough	650	35.2	11.6	0.0	93	55	5	6	31	1902
Seared Ahi Tuna 2.0 on Brioche Bun	770	39.5	12.8	0.0	97	63	14	5	51	947
Short Rib Grilled Cheese on Parmesan Crusted Sourdough	1100	54.0	23.0	0.0	140	93	16	5	58	2090
Southwest Chicken on Brioche Bun	960	52.5	18.1	0.0	188	68	13	6	70	1221
Tuna Salad on Pretzel Bun	610	30.5	8.6	0.0	58	64	9	4	22	1441
Tuna Melt (Add 2 Slices of Cheese)	120-160	11-14	6-8	0.0	30-40	0-1	0	0	6-10	270-620
SALADS										
	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
Chinese Chicken Chop Salad	560	19.6	4.1	0.0	100	58	20	7	48	335
with Red Ginger Dressing	680	25.0	5.0	0.0	100	73	33	7	49	1100
Cobb Chop	550	26.0	9.9	0.0	140	28	13	8	56	1019
with House Vinaigrette	770	48.0	13.0	0.0	140	33	17	8	56	1500
Kale Quinoa Crunch	520	26.9	4.3	0.0	7	39	7	10	35	778
with Honey Lime Vinaigrette	730	43.1	5.7	0.0	7	56	22	10	35	1394
Seared Ahi Tuna Salad	600	30.9	9.2	0.0	55	43	11	8	42	500
with Spicy Thai Vinaigrette	760	43.0	11.0	0.0	55	51	20	8	43	1130
Southwest Chicken Salad	660	29.8	9.5	0.5	129	51	12	12	54	1022
with Ranch Dressing & BBQ Sauce	960	59.0	14.0	0.5	145	59	18	12	55	1530
Chimichurri Steak Salad	460	13.4	4.2	0.0	70	45	13	10	43	1829
with Charred Corn Vinaigrette & Chimichurri	810	49.1	9.5	0.1	264	53	16	11	44	2544
SALAD DRESSINGS										
	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
BBQ Sauce	20	0.0	0.0	0.0	0	7	6	0	0	112
Charred Corn Vinaigrette	150	14.7	2.3	0.1	0	5	3	1	1	287
Chimichurri	190	21.1	3.0	0.0	194	3	0	1	0	428
Honey Lime Vinaigrette	230	24.9	1.9	0.0	0	3	1	0	1	287
House Vinaigrette	220	22.1	3.2	0.0	0	5	4	0	0	482
Ranch Dressing	270	29.3	4.5	0.0	16	1	0	0	0	396
Red Ginger Dressing	110	5.8	0.9	0.0	0	15	14	0	1	765
Spicy Thai Vinaigrette	150	12.2	1.8	0.0	0	25	19	1	3	630
HOT DOGS										
	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
1/4LB Classic Chili Dog	750	51.3	32.2	0.4	120	41	13	4	31	1636

Hot Dogs continued

1/4LB Elote Dog (TX Only)	640	36.0	24.8	0.1	74	62	17	4	24	2972
1/4 LB Stand Dog	450	27.0	21.5	0.0	60	31	9	1	18	1045
WRAPS										
	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
Falafel Wrap	680	27.0	7.0	0.0	0	92	11	22	21	1410
Southwest Chicken Wrap	990	52.0	15.0	0.0	130	82	12	8	53	1490
SIDES										
	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
Chili Fries (regular)	600	37.3	8.9	0.4	45	54	3	5	12	1333
Chili Fries (large)	1320	83.9	22.8	0.7	121	111	7	10	30	2863
Chips and Guacamole	430	35.0	4.6	0.0	0	33	10	8	4	1132
Crispy Chicken Bites	600	30.9	4.1	0.3	110	43	0	6	40	1985
Sweet Potato Fries (regular)	470	30.6	1.9	0.0	0	45	10	4	4	332
Sweet Potato Fries (large)	800	52.0	3.3	0.0	0	77	17	7	7	566
Fire Fries (regular)	420	21.9	1.4	0.0	0	52	1	8	3	1400
Fire Fries (large)	870	45.5	3.0	0.0	0	108	2	17	5	3003
Mac & Cheese (regular)	310	18.9	7.2	0.0	35	27	2	2	10	1919
Mac & Cheese (large)	520	41.3	15.3	0.0	74	59	4	4	21	4296
Meyer Lemon Broccolini	175	14.5	3.0	0.0	0	10	3	4	4	646
Onion Rings (regular)	390	23.2	3.1	0.0	0	41	0	2	3	600
Onion Rings (large)	720	42.6	5.7	0.0	0	76	0	3	6	1101
Red Ginger Green Beans	280	13.1	1.4	0	1	39	15	7	7	439
Side Salad (regular)	240	22.0	3.5	0.0	0	10	7	2	2	490
Side Salad (large)	400	36.0	5.0	0.0	0	18	12	4	3	780
Stand Chili (regular)	540	44.2	18.1	0.8	100	18	5	5	21	1123
Stand Chili (large)	890	71.4	29.9	1.2	166	30	9	8	35	1787
Stand Chips (regular)	210	16.0	1.7	0.0	0	21	1	7	1	826
Stand Chips (large)	340	25.3	2.7	0.0	0	73	2	10	2	1289
Stand Fries (regular)	350	17.4	0.7	0.0	0	45	0	2	2	833
Stand Fries (large)	710	35.2	1.4	0.0	0	91	0	5	5	1684
Stand Slaw (regular)	120	8.0	1.5	0.0	5	10	4	3	2	240
Stand Slaw (large)	240	18.0	3.0	0.0	10	21	8	6	4	500
KIDS' DEAL										
	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
Kids Apples Slices	40	0.1	0.0	0.0	0	12	9	2	0	1
Kids' Burger	390	21.5	11.1	0.1	69	32	7	1	20	255
Kids' Chicken Bites	300	15.4	2.1	0.1	55	23	0	3	20	993
Kids' Grilled Cheese	490	26.0	15.0	0.5	90	48	10	2	27	1010
Kids' Grilled Chicken Breast	230	7.9	1.9	0.0	102	1	1	0	39	183
Kids' Hot Dog (no condiments)	300	15.0	6.5	0.0	30		8	1	11	565
Kids' Mac n' Cheese (main)	270	15.9	5.4	0.0	27	23	1	1	8	1821
Kids' Mac n' Cheese (side)	180	10.7	3.6	0.0	18	16	1	1	6	1232
Kids' Stand Chips	150	11.6	1.2	0.0	0	15	1	5	1	602
Kids' Stand Fries	210	10.4	0.4	0.0	0	27	0	1	1	496

Kids' Deal continued

Kids' Stand Slaw	60	14.5	0.8	0.0	3	6	2	2	1	133
Kids' Sweet Potato Fries	270	17.7	0.6	0.0	0	26	6	2	2	192
Kids' Turkey Burger	370	19.8	9.3	0.0	82	32	7	1	19	543
SHAKES & DESSERT										
	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
Brownie	800	32.0	8.0	0.0	40	116	80	4	8	440
Cookie	300	14.0	8.5	0.0	36	44	29	2	3	227
Chocolate Shake (ice cream)	1020	49.0	32.5	1.5	198	134	112	1	14	274
Chocolate Shake (soft serve)	910	36.8	23	0.0	133	134	116	1	17	337
Chocolate Shake (bar locations)	910	36.8	23.0	0.0	138	138	118	1	14	301
Cookie Butter Crunch Shake (ice cream)	1190	69.1	38.4	1.5	198	125	91	0	16	484
Cookie Butter Crunch Shake (soft serve)	1080	46.4	23.7	0.0	112	101	77	0	16	435
Cookie Butter Crunch Shake (bar locations)	1080	56.8	28.9	0.0	138	129	97	0	16	511
Cookies N' Cream Shake (ice cream)	1040	57.3	35.2	1.5	198	116	89	0	16	399
Cookies N' Cream Shake (soft serve)	930	45.1	25.6	0.0	133	116	93	0	19	471
Cookies N' Cream Shake (bar locations)	930	45.1	25.6	0.0	138	119	96	0	16	435
Ice Cream Cup (ice cream)	530	33.3	22.2	1.1	133	51	42	0	7	133
Ice Cream Cup (soft serve)	460	24.7	15.4	0.0	93	52	46	0	9	185
Orange Soda Float (ice cream)	740	36.6	24.4	1.2	147	99	89	0	7	217
Orange Soda Float (soft serve)	400	13.0	8.1	0.0	49	71	67	0	5	168
Orange Soda Float (bar locations)	530	19.8	12.3	0.0	74	85	80	0	7	218
Root Beer Float (ice cream)	740	36.6	24.4	1.2	147	96	86	0	7	207
Root Beer Float (soft serve)	400	13.0	8.1	0.0	49	68	64	0	5	158
Root Beer Float (bar locations)	530	19.8	12.3	0.0	74	82	77	0	7	208
Strawberry Shake (ice cream)	900	49.0	32.5	1.5	198	101	86	1	14	258
Strawberry Shake (soft serve)	790	36.8	23.0	0.0	133	102	90	1	17	321
Strawberry Shake (bar locations)	790	36.8	23.0	0.0	138	105	92	1	14	285
Toasted Marshmallow Shake (ice cream)	1390	59.6	35.0	1.6	212	195	130	4	18	591
Toasted Marshmallow Shake (soft serve)	1070	35.4	17.8	0.0	109	173	114	4	18	395
Toasted Marshmallow Shake (bar locations)	1070	35.4	17.8	0.0	109	173	114	4	18	395
Vanilla Shake (ice cream)	790	49.0	32.5	1.5	198	74	63	0	14	249
Vanilla Shake (soft serve)	690	36.8	23.0	0.0	133	75	67	0	17	312
Vanilla Shake (bar locations)	690	36.8	23.0	0.0	138	78	69	0	14	276
Add Whipped Cream	120	8.3	4.2	0.0	42	17	8	0	0	0
BEVERAGES & BOTTLED DRINKS										
	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
Coca-Cola (22oz)	260	0.0	0.0	0.0	0	72	72	0	0	83
Coca-Cola (Kids)	140	0.0	0.0	0.0	0	39	39	0	0	45
Diet-Coke (22oz)	0	0.0	0.0	0.0	0	0	0	0	0	28
Diet-Coke (Kids)	0	0.0	0.0	0.0	0	0	0	0	0	15
Coke Zero (22oz)	0	0.0	0.0	0.0	0	0	0	0	0	9
Coke Zero (Kids)	0	0.0	0.0	0.0	0	0	0	0	0	5
Sprite (22oz)	260	0.0	0.0	0.0	0	72	72	0	0	61
Sprite (Kids)	140	0.0	0.0	0.0	0	39	39	0	0	33

Beverages & Bottled Drinks continued

Cherry Coke (22oz)	280	0.0	0.0	0.0	0	77	77	0	0	11
Cherry Coke (Kids)	150	0.0	0.0	0.0	0	42	42	0	0	6
Dr. Pepper (22oz)	270	0.0	0.0	0.0	0	72	72	0	0	83
Dr. Pepper (Kids)	140	0.0	0.0	0.0	0	39	38	0	0	45
Diet Dr. Pepper (22oz)	0	0.0	0.0	0.0	0	0	0	0	0	101
Diet Dr. Pepper (Kids)	0	0.0	0.0	0.0	0	0	0	0	0	55
Mr. Pibb (22oz)	260	0.0	0.0	0.0	0	72	72	0	0	39
Mr. Pibb (Kids)	140	0.0	0.0	0.0	0	39	39	0	0	21
Barq's Rootbeer (22oz)	300	0.0	0.0	0.0	0	83	83	0	0	36
Barq's Rootbeer (Kids)	160	0.0	0.0	0.0	0	45	45	0	0	20
Minute Maid Lemonade (22oz)	270	0.0	0.0	0.0	0	19	69	0	0	69
Minute Maid Lemonade (Kids)	150	0.0	0.0	0.0	0	41	38	0	0	68
Fresca (22oz)	0	0.0	0.0	0.0	0	0	0	0	0	0
Fresca (Kids)	0	0.0	0.0	0.0	0	0	0	0	0	0
Hi-C Fruit Punch (22oz)	280	0.0	0.0	0.0	0	80	77	0	0	28
Hi-C Fruit Punch (Kids)	150	0.0	0.0	0.0	0	44	42	0	0	15
Vitamin Water XXX Acai Blueberry (22oz)	130	0.0	0.0	0.0	0	34	34	0	0	0
Vitamin Water XXX Acai Blueberry (Kids)	70	0.0	0.0	0.0	0	19	19	0	0	0
Blueberry Lemonade (22oz)	310	0.0	0.0	0.0	0	82	77	0	0	3
Blueberry Lemonade (Kids)	170	0.0	0.0	0.0	0	45	42	0	0	2
Cucumber Mint Agua Fresca (22oz)	160	0.0	0.0	0.0	0	57	39	0	1	21
Cucumber Mint Agua Fresca (Kids)	90	0.0	0.0	0.0	0	23	21	0	1	11
Unsweetened Iced Tea (22oz)	0	0.0	0.0	0.0	0	0	0	0	0	14
Unsweetened Iced Tea (Kids)	0	0.0	0.0	0.0	0	0	0	0	0	8
Tropicana Apple Juice	210	0.0	0.0	0.0	0	51	48	0	1	20
IBC Cream Soda	180	0.0	0.0	0.0	0	44	44	0	0	70
IBC Root Beer	160	0.0	0.0	0.0	0	40	40	0	0	60
Boylan's Diet Root Beer	0	0.0	0.0	0.0	0	0	0	0	0	80
Crush Orange Soda	160	0.0	0.0	0.0	0	43	43	0	0	70
Crush Strawberry Soda	170	0.0	0.0	0.0	0	46	45	0	0	70

SHAREABLES (BAR LOCATIONS)

	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
Bone-In Wings (Sweet & Citrus)	1100	61.3	15.6	0.0	342	24	20	0	75	1514
Bone-In Wings (Smokey BBQ)	1080	61.3	15.6	0.0	342	19	14	0	75	1412
Bone-In Wings (Fire Sauce)	1100	67.3	16.5	0.0	342	32	1	8	75	1772
Short Rib Fries	1160	66.0	16.0	0.1	109	103	4	6	41	2755

BREAKFAST (CENTURY CITY)

	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
Classic Breakfast Burrito	1210	79.7	23.0	3.2	439	75	5	11	50	3392
Florentine Burrito	1240	77.9	19.4	1.9	97	85	15	26	51	3838
Shorty Burrito	1230	75.1	25.9	3.2	487	77	13	21	64	3458
The Brekkie with Turkey Sausage	950	64.3	22.7	0.0	400	53	13	3	44	1629
The Brekkie with Pork Sausage	990	76.9	28.4	0.0	502	53	13	3	44	1624
Two Egg Breakfast - Low End (Egg Whites & Bacon)	620	36.0	8.9	0.0	46	43	0	2	28	1576

Breakfast (Century City) continued

Two Egg Breakfast - High End (Scrambled Eggs & Pork Sausage)	910	71.4	21.7	1.2	598	49	4	3	41	1778
House-Made Pork Sausage	300	33.1	11.0	0.0	210	5	4	1	19	762
House-Made Turkey Sausage	270	20.5	5.3	0.0	108	5	4	1	19	767
Bacon Side	130	10.5	2.5	0.0	26	0	0	0	9	531
Tater Tots (regular)	460	33.8	3.6	0.0	0	39	0	2	2	1070
Tater Tots (large)	920	67.6	7.3	0.0	0	78	0	5	5	2140
Tortilla Chips and Salsa	180	11.4	1.2	0.0	0	4	3	3	3	896
Sourdough Toast (1 slice)	160	7.0	4.5	0.0	20	22	0	1	3	240
Coffee	5	0.0	0.0	0.0	0	0	0	0	0	5
Bottled Orange Juice	170	1.0	0.0	0.0	0	38	31	0	2	5

CATERING

	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
Buffalo Chicken Wrap	790	54.6	12.1	0.0	89	52	3	6	36	1452
Classic Turkey Sandwich	600	21.1	4.5	0.0	109	63	11	4	39	1901
Chimichurri Steak Wrap	830	37.1	11.9	0.1	135	82	12	8	46	2610
Grand Stand Turkey Wrap	570	26.0	8.9	0.0	81	49	6	5	38	1667
Chicken Bites (per serving)	240	12	2	0	44	17	0	3	16	794
Chips & Guacamole (per serving)	210	17.5	2.3	0.0	0	16	5	4	2	566
Fresh Guacamole (per serving)	70	6	1	0	0	4	3	0	1	98
Mac n Cheese (per serving)	270	17	6	0	30	24	2	1	8	1820
Red Ginger Green Beans (per serving)	110	5	1	0	0	16	6	3	3	176
Stand Chili (per serving)	320	27	10	1	53	11	2	3	11	715
Stand Chips (per serving)	130	10	1	0	0	29	1	4	1	516
Stand Slaw (per serving)	100	8	1	0	4	9	4	3	2	220
Chimichurri Steak Salad (per serving)	270	16.4	3.2	0.0	88	18	5	4	15	848
Chinese Chicken Chop Salad (per serving)	220	8	2	0	33	24	11	2	16	367
Classic Side Salad (per serving)	130	12	2	0	0	6	4	1	1	260
Cobb Chop Salad (per serving)	250	16	4	0	47	11	6	3	19	500
Kale Quinoa Crunch Salad (per serving)	240	14	2	0	2	19	7	3	12	465
Seared Ahi Tuna Salad (per serving)	250	14	4	0	18	17	7	3	14	377
Southwest Chicken Salad (per serving)	320	20	5	0	48	20	6	4	18	510
Add Chicken (per serving)	70	3	1	0	34	0	0	0	13	61
Add Seared Ahi (per serving)	40	0	0	0	15	0	0	0	9	17
Add Steak (per serving)	80	3	1	0	23	2	1	0	11	360
Mini Catering Cookie (1 cookie)	150	7.0	4.3	0.0	18	22	15	1	2	114
Mini Catering Brownie (1 brownie)	200	8.0	2.0	0.0	10	29	20	1	2	110
Kids Chicken Sandwich	360	14.5	6.5	0.0	71	33	8	1	29	327
Kids Tuna Salad Sandwich	370	20.4	7.2	0.0	42	35	8	2	17	360
Kids Turkey Sandwich	290	10.0	4.5	0.0	45	33	8	1	18	800
Kids Apples Slices	40	0.1	0.0	0.0	0	12	9	2	0	1
Kids' Stand Chips	150	11.6	1.2	0.0	0	15	1	5	1	602
Kids' Cookie	150	7.0	4.3	0.0	18	22	15	1	2	114
Blueberry Lemonade (12 oz serving)	170	0.0	0.0	0.0	0	45	42	0	0	2
Cucumber Mint Agua Fresca (12 oz serving)	90	0.0	0.0	0.0	0	23	21	0	1	11

Catering continued

BREAKFAST CATERING (CENTURY CITY)	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholest (mg)	Carbs (g)	Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
Scrambled Eggs (per serving)	190	12.9	4.2	1.2	368	1	0	0	17	192
Bacon (3 strips)	130	10.5	2.5	0.0	26	0	0	0	9	531
Tater Tots (per serving)	360	27.0	2.9	0.0	0	31	0	2	2	856
Fresh Fruit (per serving)	60	0.0	0.0	0.0	0	17	13	3	1	24
Orange Juice (8 oz serving)	110	0.0	0.0	0.0	0	26	21	0	2	0