

	Calories	Fat	Calories From Fat	Saturated Fat	Trans Fat	Polyunsaturated Fat	Monounsaturated Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Soy	Soy Oil	Eggs	Milk	Wheat	Fish
<b>Burgers &amp; Hot Sandwiches</b>																			
Cheeseburger	730	42g	380	18g	0	0	0	120mg	1220mg	51g	2g	9g	37g	*			*	*	
Hamburger	660	36g	330	15g	0	0	0	100mg	1050mg	51g	2g	9g	32g	*			*	*	
Bacon Cheeseburger	810	49g	440	20g	0	1g	3g	140mg	1430mg	50g	2g	7g	43g	*			*	*	
Impossible Burger	510	17g	150	9g	0	0	0	<5mg	1050mg	60g	5g	9g	28g	*			*	*	
Impossible Cheeseburger	690	29g	260	13g	0	0	0	<5mg	1610mg	75g	7g	9g	30g	*			*	*	
Ultimate Grilled Cheese	630	28g	260	17g	0	1.5g	2g	80mg	1420mg	61g	3g	6g	33g	*			*	*	
Cheese Quesadilla	1080	69g	620	34g	0	0	0	35mg	2360mg	65g	2g	5g	49g	*			*	*	
Chipotle Chicken Quesadilla	1490	103g	920	40g	0	0	0	130mg	3110mg	73g	2g	9g	69g	*			*	*	
Ranchero Steak Quesadilla	1430	97g	870	40g	0	0	0	95mg	3280mg	71g	2g	8g	67g	*			*	*	
Crispy Chicken Sandwich	520	19g	170	3.5g	0	7g	4.5g	40mg	1080mg	64g	4g	6g	25g	*			*	*	
Grilled Chicken Sandwich	360	6g	50	0.5g	0	0	0	75mg	820mg	47g	2g	5g	29g	*			*	*	
Turkey Burger	450	12g	110	3g	0	0	0	110mg	740mg	59g	3g	10g	25g	*			*	*	
<b>Salads</b>																			
Chicken Caesar Salad	590	33g	290	9g	0	0.5g	3g	115mg	1770mg	37g	4g	3g	42g				*	*	*
House Salad (w/ Ranch)	450	28g	250	4g	0	0	0	<5mg	980mg	46g	5g	7g	11g				*	*	*
<b>Panini</b>																			
Chicken Pesto	580	19g	170	6g	0	2.5g	1g	105mg	1410mg	62g	3g	7g	41g	*	*	*	*	*	*
Crispy Chicken	1020	58g	520	14g	0	8g	5g	90mg	1970mg	88g	6g	12g	38g	*	*	*	*	*	*
Grilled Chicken	850	45g	410	11g	0	1g	0	120mg	1700mg	71g	4g	11g	41g	*	*	*	*	*	*
Turkey Club	880	50g	450	14g	0	2g	3g	90mg	2320mg	72g	3g	12g	37g	*	*	*	*	*	*
Ham & Turkey	820	44g	400	12g	0	1g	0	85mg	2270mg	73g	3g	13g	33g	*	*	*	*	*	*
Veggie	510	19g	170	7g	0	4g	1.5g	35mg	1170mg	64g	4g	8g	22g	*	*	*	*	*	*
<b>Subs</b>																			
Buffalo Chicken	1180	64g	580	18g	0	14g	10g	130mg	3260mg	94g	7g	4g	59g		*	*	*	*	*
Ham & Turkey	940	52g	460	16g	0	0	1g	120mg	2850mg	73g	5g	10g	47g	*	*	*	*	*	*
Cheesesteak	840	34g	310	17g	0	0	1g	140mg	1980mg	66g	3g	4g	62g	*	*	*	*	*	*
Chicken Parmesan	1170	56g	500	19g	0	14g	12g	145mg	2990mg	99g	8g	8g	69g				*	*	*
<b>Wraps</b>																			
Chicken Caesar	760	41g	360	8g	0	12g	7g	110mg	2050mg	62g	5g	5g	41g		*	*	*	*	*
Buffalo Chicken	780	48g	430	12g	0	7g	4.5g	70mg	2280mg	57g	5g	3g	30g	*	*	*	*	*	*
Turkey Chipotle	860	55g	490	13g	0	1g	3g	90mg	2440mg	63g	2g	5g	32g	*	*	*	*	*	*
Cajun Steak	740	41g	370	11g	0	0	0	70g	1840mg	60g	3g	2g	33g	*	*	*	*	*	*
Not-A-Chicken Wrap	580	11g	100	0	0	0	0	<5mg	1700mg	93g	7g	24g	31g	*	*	*	*	*	*
Veggie	500	23g	200	6g	0	2g	0.5g	30mg	1260mg	59g	4g	3g	18g	*	*	*	*	*	*
<b>Sides &amp; Platters</b>																			
Wings & Fries	1950	130g	1170	29g	0	23g	38g	495mg	4770mg	103g	7g	22g	90g	*	*	*	*	*	*
Bonless Wings & Fries	1620	106g	960	20g	0	17g	29g	215mg	6090mg	121g	7g	22g	47g	*	*	*	*	*	*
Tenders & Fries	1110	51g	460	7g	0	10g	11g	55mg	3070mg	134g	8g	41g	32g	*	*	*	*	*	*
Tenders	650	36g	320	3.5g	0	0	0	80mg	2090mg	47g	2g	20g	37g	*	*	*	*	*	*
Fries	640	27g	240	4g	0	10g	11g	<5mg	1330mg	95g	7g	21g	6g	*	*	*	*	*	*
Bacon Ranch Fries	1650	132g	1190	30g	0	9g	10g	50mg	2870mg	78g	7g	<1g	38g	*	*	*	*	*	*
Onion Rings	650	35g	320	6g	0	18g	8g	0	1260mg	74g	5g	9g	9g	*	*	*	*	*	*
Mozzarella Sticks	670	35g	320	13g	0.5g	10g	8g	70mg	1970mg	57g	6g	11g	29g	*	*	*	*	*	*
Fried Mac & Cheese	540	34g	300	8g	0	0	0	65mg	1130mg	44g	3g	6g	13g	*	*	*	*	*	*
Fried Pickles	750	62g	550	11g	0	0	0	<5mg	2330mg	41g	0g	2g	3g	*	*	*	*	*	*
Funnel Cake Fries	470	24g	210	7g	0	0	0	45mg	400mg	57g	0g	20g	5g	*	*	*	*	*	*
Cheese Sauce	140	11g	90	1.5g	0	0	0	<5mg	105mg	10g	0g	0	4g	*	*	*	*	*	*
Note: Many items can be made gluten free, vegan, or vegetarian (Vegan Cheese contains Coconut)																			