



NUTRITION INFORMATION

QUALITY IS
OUR RECIPE®

FRESH-MADE SALADS*

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Mustard Egg	Fish	Wheat Milk	Peanut Soybean	Tree Nut Sesame Seeds	Shellfish Sulphites	
Apple Pecan Chicken Salad, Full Size	425	590	28	9	0	120	1170	51	7	40	37	40	90	25	10				✓	✓	✓	
Apple Pecan Chicken Salad, Half Size	240	350	19	5	0	60	620	29	4	22	19	25	45	10	8				✓	✓	✓	
BBQ Ranch Chicken Salad, Full Size	444	580	30	9	0	130	1350	40	5	25	41	40	45	30	15	✓	✓		✓	✓		
BBQ Ranch Chicken Salad, Half Size	247	300	15	4.5	0	65	710	24	3	15	21	25	25	15	8	✓	✓		✓	✓		
Power Mediterranean Chicken, Full Size	508	460	16	5	0	100	990	41	8	18	39	70	90	15	15				✓	✓	✓	
Power Mediterranean Chicken, Half Size	293	240	9	2.5	0	50	510	22	5	10	20	45	15	8	8				✓	✓	✓	
Spicy Chicken Caesar Salad, Full Size	414	850	58	22	1	170	1960	37	5	7	46	20	70	60	35	✓	✓	✓	✓	•	•	•
Spicy Chicken Caesar Salad, Half Size	250	470	31	11	0.5	85	1080	26	4	4	24	10	50	30	25	✓	✓	✓	✓	•	•	•
Taco Supremo Salad, Full Size	660	700	37	17	1	100	1790	63	11	15	35	60	50	60	30				✓	✓		
Taco Supremo Salad, Half Size	434	510	26	11	1	60	1190	51	8	10	20	40	35	35	20				✓	✓		

* Nutrition and allergen information includes salad toppings. Full Size salads include two packets of dressing; Half Size salads include one packet of dressing.

SIDE SELECTIONS

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Mustard Egg	Fish	Wheat Milk	Peanut Soybean	Tree Nut Sesame Seeds	Shellfish Sulphites	
Garden Side Salad	190	150	7	1	0	10	370	19	3	4	4	20	70	4	10	✓	✓	✓				
Caesar Side Salad	152	280	20	5	0	30	500	17	3	2	9	80	10	15	15	✓	✓	✓	✓	✓		
Strawberry Yogurt	175	160	2.5	1.5	0	10	90	28	0	24	6	10	0	20	0				✓			
Plain Baked Potato (avg wt. 10 oz)	284	270	0	0	0	0	40	61	7	3	7	0	40	4	20							
Sour Cream & Chives Baked Potato	328	350	6	3.5	0	20	70	65	7	4	9	20	60	10	25				✓			
Broccoli & Cheese Sauce Baked Potato	397	380	8	4	0	15	400	67	8	6	12	6	90	15	25				✓	✓		
Bacon & Cheese Sauce Baked Potato	363	480	17	7	0	45	600	65	7	7	17	0	40	15	25				✓	✓		
Becel® Margarine	7	50	6	1	0	0	50	0	0	0	0	10	0	0	0				✓	✓		
Chili, Small	227	170	5	2	0	35	780	16	4	6	15	0	0	4	20				✓		✓	
Chili, Large	340	250	7	3	0.5	50	1170	23	5	9	23	0	0	6	25					✓		✓
Hot Chili Seasoning	7	5	0	0	0	0	280	2	0	1	0	0	0	0	0							
Saltine Crackers	6	25	0.5	0	0	0	90	5	0	0	1	0	0	0	2				✓			
Cheddar Cheese, shredded	17	70	5	3.5	0	15	125	1	0	0	4	4	0	10	0				✓			
Chili Cheese Nachos	135	280	13	2.5	0	15	450	36	4	2	9	0	0	8	10				✓	✓		
Cheese Fries	153	380	17	7	0	20	670	48	3	1	8	2	8	15	6	•	•	•	•	✓	✓	•
Chili Cheese Fries	266	460	19	8	0.5	35	1050	56	5	4	15	2	8	15	15	•	•	•	•	✓	✓	•
Poutine	287	620	30	15	1	60	1420	69	4	1	19	15	10	40	10	•	•	•	•	✓	✓	✓
Bacon Poutine	300	690	35	16	1	75	1650	70	4	1	24	15	15	40	10	•	•	•	•	✓	✓	✓
Kids' Fries w/Sea Salt	77	200	7	2	0	0	260	33	2	0	2	0	6	2	4	•	•	•	•	•	•	•
Small Fries w/Sea Salt	108	290	9	3	0	0	370	47	3	0	3	0	8	2	6	•	•	•	•	•	•	•
Medium Fries w/Sea Salt	142	380	12	4	0	0	480	62	4	0	4	0	10	2	8	•	•	•	•	•	•	•
Large Fries w/Sea Salt	170	450	15	5	0	0	580	74	4	0	5	0	10	2	10	•	•	•	•	•	•	•
Oatmeal Bar	71	290	10	4.5	0	20	230	47	5	23	4	0	0	15	10	✓	✓	✓	✓	✓		

HOMESTYLE CHICKEN STRIPS & CRISPY CHICKEN NUGGETS

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Mustard Egg	Fish	Wheat Milk	Peanut Soybean	Tree Nut Sesame Seeds	Shellfish Sulphites	
3 Piece Homestyle Chicken Strips	139	360	17	3	0	65	1320	28	1	1	24	0	0	2	15	•	•	•	•	•	•	•
4 Piece Kids' Meal Nuggets	64	170	10	2	0	30	350	9	0	0	9	0	0	0	4	•	•	•	•	•	•	•
5 Piece Nuggets	81	210	13	2.5	0	35	440	11	0	0	12	0	0	0	6	•	•	•	•	•	•	•
10 Piece Nuggets	161	410	26	5	0	70	870	22	0	0	23	0	0	2	10	•	•	•	•	•	•	•
Buttermilk Ranch Sauce	28	120	12	2	0	10	240	2	0	2	0	0	0	0	0				✓			
Barbecue Sauce	28	45	0.1	0	0	0	115	11	0	4	0.4	0	4	2	2	✓						
Sweet & Sour Sauce	28	45	0	0	0	0	120	12	0	4	0	0	4	0	0							
Honey Mustard Sauce	28	80	6	1	0	10	220	7	0	3	0	0	0	0	0	✓						
Creamy Sriracha Sauce	28	120	12	2	0	10	340	3	0	2	0	2	8	0	0	✓						

BREAKFAST

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Mustard Egg	Fish	Wheat Milk	Peanut Soybean	Tree Nut Sesame Seeds	Shellfish Sulphites	
Artisan Sandwich, Egg & Cheese	130	300	15	7	0	285	520	26	1	4	16	6	0	20	10	✓		✓	✓	✓		
Artisan Sandwich, Bacon	138	350	19	8	0	295	670	26	1	4	19	6	4	20	10	✓		✓	✓	✓		
Artisan Sandwich, Sausage	180	510	34	14	0	325	900	28	1	4	22	6	0	20	15	✓		✓	✓	✓		
Panini, Egg & Cheese	208	510	29	15	0.5	320	1020	41	2	5	22	10	4	30	20	✓		✓	✓	✓		
Panini, Bacon	220	580	35	17	0.5	335	1250	41	2	5	27	10	10	30	20	✓		✓	✓	✓		
Panini, Sausage	258	720	48	22	0.5	360	1400	43	2	5	28	10	4	30	25	✓		✓	✓	✓		
Oatmeal	259	180	2.5	0.5	0	0	230	35	4	13	5	0	0	2	6				✓			
Cranberry & Pecan Oatmeal	245	310	11	1.5	0	0	240	51	6	27	5	0	0	2	8				✓	✓	✓	✓
Sausage Burrito	151	350	20	8	0	280	860	25	2	3	16	0	6	15	15	✓		✓	✓	✓		
Panini Bread, Side, 2 Slices	85	200	2	0	0	0	600	38	2	3	7	0	0	6	15				✓		✓	
Seasoned Homestyle Potatoes, Side Portion	95	230	8	1.5	0	0	680	35	4	0	3	0	0	0	4	•	•	•	•	•	•	•
Oatmeal Bar	71	290	10	4.5	0	20	230	47	5	23	4	0	0	15	10	✓		✓	✓	✓		
Breakfast Platter, Bacon	293	680	30	7	0	370	1680	76	5	5	26	0	6	15	30	•	•	•	•	•	•	•
Breakfast Platter, Sausage	330	820	43	12	0	395	1830	78	5	5	28	2	0	15	30	✓	✓	•	•	•	•	•

SANDWICHES

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Mustard Egg	Fish	Wheat Milk	Peanut Soybean	Tree Nut Sesame Seeds	Shellfish Sulphites	
Jr. Hamburger Deluxe	143	310	14	4.5	0.5	40	640	29	2	7	14	2	6	4	25	✓	✓	✓	✓	✓	✓	
Jr. Cheeseburger Deluxe	155	350	18	7	1	50	820	29	2	7	16	8	6	10	25	✓	✓	✓	✓	✓	✓	
Jr. Bacon Cheeseburger (JBC)	149	380	21	8	1	60	840	28	2	5	19	6	8	10	25	✓	✓	✓	✓	✓	✓	
Cheesy Cheddarburger	109	300	14	6	0.5	50	730	26	1	5	16	4	0	10	20			✓	✓	✓		
Hamburger, Kids' Meal	92	250	9	3.5	0.5	35	530	27	1	6	13	0	0	2	20			✓				
Cheeseburger, Kids' Meal	103	290	12	6	0.5	45	700	28	1	6	16	4	0	8	20			✓	✓	✓		
Dave's Single	239	550	31	13	1.5	95	1130	34	2	7	28	10	10	15	25	✓	✓	✓	✓	✓	✓	
Dave's Double	322	790	47	20	2.5	170	1410	34	2	7	46	10	10	15	50	✓	✓	✓	✓	✓	✓	
Dave's Triple	415	1080	67	29	4	250	1880	35	2	7	67	15	10	25	70	✓	✓	✓	✓	✓	✓	
Baconator	287	920	58	23	3	200	1740	33	1	7	55	8	10	15	50	✓	✓	✓	✓	✓	✓	
Son of Baconator	192	610	37	14	1.5	115	1520	33	1	6	33	8	8	15	25	✓	✓	✓	✓	✓	✓	
Bacon Deluxe	252	620	36	14	1.5	110	1360	35	2	8	33	10	15	15	30	✓	✓	✓	✓	✓	✓	
Double Bacon Deluxe	334	860	53	21	3	185	1640	35	2	8	51	10	15	20	50	✓	✓	✓	✓	✓	✓	
Grilled Chicken Sandwich	224	400	10	2	0.1	90	860	46	3	12	35	4	8	4	20	✓	✓	✓	✓	✓	✓	