



**BURGERS REINVENTED**

# Nutritional Guide

\*Note, when the menu indicates 'choice of' any ingredient, then it is not included in the nutritional information for that menu item. Please refer to individual cheese or sauce choices for further nutritional information.

| 1/3 lb Beef Burgers              | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|----------------------------------|-----------------|---------------|-------------------|-------------|-----------|-----------|-------------|
| Burger 101                       | 521             | 29            | 9                 | 1,467       | 28        | 0         | 33          |
| Burger 101 with cheese           | 546-606         | 31-36         | 10-13             | 1,562-1,718 | 28-29     | 0         | 37-40       |
| Burger 101 with cheese and bacon | 614-674         | 36-41         | 12-15             | 1,892-2,212 | 28-29     | 0         | 41-44       |
| BBQ Bacon                        | 754             | 41            | 14                | 2,310       | 49        | 1         | 42          |
| Black & Bleu                     | 753             | 48            | 15                | 2,392       | 30        | 1         | 40          |
| Tex-Mex Haystack                 | 810             | 52            | 17                | 2,445       | 36        | 1         | 43          |
| The Cinco Burger                 | 646             | 42            | 16                | 838         | 34        | 1         | 30          |
| The OMG!                         | 951-1,071       | 56-62         | 20-23             | 3,162-3,318 | 29-30     | 1         | 67-71       |
| The Shroom                       | 691             | 42            | 14                | 1,667       | 32        | 1         | 40          |
| The Gruyere                      | 823             | 50            | 19                | 2,251       | 34        | 2         | 51          |
| Loaded Spud                      | 776             | 46            | 15                | 2,736       | 38        | 1         | 50          |
| Patty Melt                       | 839             | 52            | 15                | 1,923       | 51        | 1         | 40          |

| Cheese Choices for Burgers | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|----------------------------|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| American Yellow            | 73       | 6       | 4                 | 251         | 1         | 0         | 4.2         |
| Cheddar                    | 75       | 7       | 4                 | 126         | 0         | 0         | 4.7         |
| Gruyere                    | 80       | 8       | 4                 | 150         | 0         | 0         | 5           |
| Gorgonzola                 | 25       | 2       | 1.5               | 95          | 0.3       | 0         | 1.5         |
| Monterey Jack              | 75       | 6       | 4                 | 121         | 1         | 0         | 4.7         |
| Provolone                  | 75       | 6       | 3                 | 168         | 0         | 0         | 4.7         |



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|                  |     |   |   |     |   |   |     |
|------------------|-----|---|---|-----|---|---|-----|
| Smoked Gouda     | 85  | 6 | 4 | 309 | 1 | 0 | 5.3 |
| Swiss            | 85  | 6 | 4 | 48  | 1 | 0 | 6.4 |
| Shredded Cheddar | 110 | 9 | 5 | 180 | 1 | 0 | 7   |

| Add-on's for Burgers | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|----------------------|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| Bacon                | 68       | 5.3     | 2.3               | 330         | 0         | 0         | 4.5         |
| Beef Chili           | 37       | 2       | 1                 | 125         | 3         | 0         | 2           |
| Fried Egg            | 94       | 7       | 1.6               | 62          | 0         | 0         | 6           |
| Potato Crisp         | 45       | 2.3     | 0.5               | 212         | 5         | 0.5       | 0.8         |

| Seafood Burgers          | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|--------------------------|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| Spicy Thai Shrimp Burger | 630      | 31      | 5                 | 1,605       | 55        | 2         | 29          |
| The Ahi Tuna             | 603      | 34      | 6                 | 772         | 41        | 2         | 30          |

| Veggie Burgers    | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|-------------------|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| Black Bean Burger | 718      | 41      | 8                 | 1,340       | 65        | 11        | 24          |
| The Greek         | 594      | 28      | 6                 | 1,317       | 61        | 10        | 23          |

| Turkey Burgers | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|----------------|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| The Cobb       | 804      | 54      | 13                | 2,482       | 47        | 3         | 28          |
| The Skinny     | 527      | 43      | 8                 | 746         | 14        | 2         | 20          |

| Chicken Burgers       | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|-----------------------|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| Buffalo Chicken       | 561      | 29      | 8                 | 1,846       | 46        | 1         | 26          |
| Chicken Parmesan      | 713      | 36      | 13                | 1,940       | 52        | 2         | 40          |
| Mediterranean Chicken | 586      | 34      | 9                 | 1,397       | 43        | 2         | 25          |



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Monterey Chicken                      819              55              15              1,793              45              4              34

| Chicken Tenders                               | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|---|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| Buffalo Tender Basket (not additional sauces) | 573-727  | 20-29   | 3-5               | 3,395-3,523 | 58-88     | 4-7       | 34-35       |
| Chicken Tender Basket (not including sauces)  | 573-727  | 20-29   | 3-4               | 1,381-1,509 | 58-88     | 4-7       | 34-35       |
| Chicken Tender Sandwich                       | 464      | 22      | 4                 | 836         | 36        | 1         | 28          |
| Each Additional Tender                        | 79       | 2.4     | 0.5               | 101         | 3         | 0         | 10          |

| Gourmet Dogs     | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|------------------|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| 101 Dog          | 483      | 35      | 12                | 1,045       | 26        | 1         | 14          |
| Chili Cheese Dog | 663      | 47      | 18                | 1,389       | 30        | 2         | 23          |
| The Great Dane   | 674      | 53      | 14                | 1,416       | 34        | 2         | 16          |

| Slider 3-Packs        | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|-----------------------|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| Bacon Cheesy 3-Pack   | 769-829  | 41-47   | 13-16             | 1,725-1,986 | 51-52     | 2         | 47-51       |
| Black and Bleu 3-Pack | 1,113    | 76      | 28                | 2,582       | 54        | 1.8       | 50          |
| The Cheesy 3-Pack     | 679-739  | 34-40   | 11-13             | 1,332-1,546 | 51-52     | 2         | 41-47       |

| Fries and Shareables       | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|----------------------------|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| French Fries, side         | 336      | 13      | 2                 | 1,078       | 49        | 4         | 3           |
| French Fries, share        | 737      | 23      | 5                 | 2,907       | 112       | 10        | 8           |
| Sweet Potato Fries, side   | 490      | 22      | 1                 | 1,206       | 79        | 7         | 1           |
| Sweet Potato Fries, share  | 1,120    | 46      | 3                 | 1,644       | 181       | 11        | 4           |
| Half and Half Fries, side  | 444      | 18      | 2                 | 1,142       | 65        | 5         | 2           |
| Half and Half Fries, share | 936      | 35      | 6                 | 2,276       | 147       | 11        | 6           |
| Cheese and Ale Sauce, side | 97       | 4       | 2                 | 244         | 4         | 0         | 2           |



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Cheese and Ale Fries, share 915 36 12 2,503 89 8 17

| Fries and Shareables (continued)                | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|---|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| Chili Cheese Fries, share                       | 990      | 40      | 13                | 2,753       | 93        | 12        | 25          |
| Onion Strings, side                             | 98       | 2       | 1                 | 459         | 17        | 2         | 2           |
| Onion Strings, share                            | 225      | 5       | 1                 | 1,050       | 39        | 3         | 5           |
| Beef Chili, side                                | 75       | 4       | 1.5               | 250         | 4         | 4         | 8           |
| Beef Chili, cup (including cheese and scallion) | 298      | 19      | 4                 | 805         | 11        | 10        | 27          |

| Fresh Salads (does not include dressing, unless stated) | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|---|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| Black & Bleu Chopped (includes Ranch dressing)          | 862      | 73      | 20                | 2,165       | 15        | 3         | 36          |
| Super Burger Bowl, including beef patty                 | 377      | 22      | 8.4               | 1,389       | 11        | 4         | 32          |
| Super Burger Bowl, including chicken patty              | 380      | 22      | 6                 | 1,118       | 22        | 5         | 22          |
| Super Burger Bowl, including shrimp patty               | 342      | 14      | 3.1               | 659         | 28        | 4.8       | 27          |
| Super Burger Bowl, including tuna patty                 | 304      | 13      | 3.3               | 459         | 17        | 4.4       | 28          |
| Super Burger Bowl, including turkey patty               | 405      | 25      | 6                 | 802         | 21        | 5         | 24          |
| Super Burger Bowl, including black bean patty           | 267      | 14.4    | 3.3               | 614         | 44        | 14        | 24          |
| Super Burger Bowl, including garden veggie patty        | 287      | 5.9     | 1.3               | 569         | 32        | 8         | 12          |
| The Chopped Cobb (includes avocado ranch dressing)      | 585      | 43      | 12                | 1,685       | 14        | 4         | 35          |



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| The Sonoma Valley (includes raspberry vinaigrette)                                     | 515      | 40      | 7                 | 422               | 31        | 5         | 7           |
|--|----------|---------|-------------------|-------------------|-----------|-----------|-------------|
| The Sonoma Valley (with grilled chicken)   | 645      | 42.3    | 7.6               | 1,020             | 41        | 5.6       | 23          |
| Side Salad   | 36       | 0.3     | 0                 | 31                | 6.5       | 2.6       | 1.7         |
| Fresh Salads (only available at Ballantyne, North Carolina location)                   | Calories | Fat (g) | Saturated Fat (g) | Saturated Fat (g) | Carbs (g) | Fiber (g) | Protein (g) |
| Berries and Bleu (with seasonal berry vinaigrette)                                     | 642      | 54      | 9                 | 311               | 28        | 6         | 10          |
| Farm to Bowl (with sweet and creamy balsamic vinaigrette)                              | 467      | 32      | 6                 | 1,069             | 20        | 4         | 23          |
| Buffalo Cobb (with avocado ranch dressing)   | 644      | 48      | 12                | 3,094             | 17        | 6         | 36          |
| Salad Dressings and Add-on's   | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg)       | Carbs (g) | Fiber (g) | Protein (g) |
| Avocado Ranch Dressing, 2 oz   | 250      | 25      | 3.8               | 448               | 5.9       | 0.1       | 1.9         |
| Fat-Free Balsamic Vinaigrette, 2 oz  | 40       | 0       | 0                 | 520               | 10        | 0         | 0           |
| Honey Mustard Dressing, 2 oz   | 320      | 28      | 4                 | 270               | 16        | 0         | 0           |
| Ranch Dressing, 2 oz   | 260      | 26      | 4                 | 460               | 6         | 0         | 2           |
| Raspberry Walnut Vinaigrette, 2 oz   | 260      | 24      | 3                 | 180               | 10        | 0         | 0           |
| Seasonal Berry Vinaigrette, 2 oz<br><i>only available in Ballantyne, NC</i>            | 399      | 378     | 42                | 71                | 4         | 4         | 0           |
| Sweet and Creamy Balsamic Vinaigrette, 2 oz<br><i>only available in Ballantyne, NC</i> | 221      | 19      | 3                 | 383               | 11        | 0         | 0           |
| Chicken, grilled   | 91       | 2.3     | 0.5               | 598               | 0         | 0         | 16          |
| Avocado slices   | 42       | 4       | 1                 | 2                 | 2         | 2         | 0.6         |



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| Kids' Menu ( ranges include side and drink) | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|---|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| 2-pack Grilled Cheese                       | 376-839  | 14-36   | 10-23             | 581-1,299   | 35-97     | 1-3       | 12-25       |
| Burger                                      | 359-864  | 19-41   | 9-21.6            | 1,139-1,842 | 26-90     | 0-4       | 19-39       |
| Chicken Tenders                             | 248-376  | 44-137  | 5-15              | 202-755     | 28-39     | 1-3       | 21-24       |
| Grilled Chicken Tenders                     | 202-330  | 27-112  | 3-12              | 341-894     | 15-33     | 1-3       | 20-23       |
| Hot Dog                                     | 346-779  | 18-40   | 7-20              | 765-1,483   | 35-83     | 2-4       | 10-26       |
| Kids' Salad (with grilled chicken)          | 189-622  | 26-24.6 | 1.6-14            | 644-1,362   | 21-69     | 3.4-6     | 18-34       |
| Kids' Salad (with breaded chicken)          | 191-635  | 3.4-31  | 1.6-14            | 644-1,369   | 27-71     | 3.4-6     | 18-34       |
| Turkey Burger                               | 353-786  | 12-34   | 3.4-15.9          | 1,077-1,795 | 46-94     | 2.3-4.3   | 15-31       |

| Kids' Shakes and Sweets | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|-------------------------|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| Chocolate               | 478      | 24      | 15                | 175         | 56        | 0         | 10          |
| Strawberry              | 457      | 23      | 15                | 150         | 56        | 0.4       | 8.7         |
| Vanilla                 | 436      | 24      | 15                | 166         | 47        | 0.1       | 9.7         |
| PB&J                    | 559      | 31      | 16                | 228         | 60        | 2         | 13          |
| Cookies n Cream         | 584      | 32      | 18                | 458         | 76        | 1         | 12          |
| Kiddie Sundae           | 239      | 10      | 5                 | 72          | 35        | 0         | 5           |

| Sauce Bar Sauces    | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|---------------------|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| Apple Cider, 1 oz   | 149      | 14      | 1.4               | 137         | 5.5       | 0         | 0.1         |
| BBQ Sauce, 1 oz     | 54       | 0       | 0                 | 222         | 14        | 0         | 0           |
| Chipotle Mayo, 1 oz | 160      | 17      | 2.5               | 213         | 1.5       | 0.15      | 0.25        |
| Honey Mustard, 1 oz | 151      | 13      | 1.9               | 127         | 7.5       | 0         | 0           |
| Ketchup, 1 oz       | 35       | .05     | 0                 | 266         | 8         | 0.4       | 0.3         |

| Sauce Bar Sauces     | Calorie | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|----------------------|---------|---------|-------------------|-------------|-----------|-----------|-------------|
| Rajun Cajun, 1 oz    | 142     | 15      | 2.3               | 239         | 1.6       | 0.15      | 0.3         |
| Ranch Dressing, 1 oz | 130     | 13      | 2                 | 230         | 3         | 0         | 1           |



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|                           |     |      |     |     |     |     |     |
|---------------------------|-----|------|-----|-----|-----|-----|-----|
| Thai Ketchup, 1 oz        | 42  | 0.1  | 0   | 300 | 10  | 0.3 | 0.3 |
| Tomato Sauce, 1 oz        | 45  | 18   | 2   | 240 | 6   | 1   | 1   |
| Toasted Marshmallow, 1 oz | 170 | 17.5 | 2.3 | 220 | 2.8 | 2.6 | 0.2 |
| Yellow Mustard, 1 oz      | 0   | 0.9  | 0.1 | 319 | 1.9 | 0.9 | 1.2 |

| Beverages              | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|------------------------|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| Fountain Drinks        | 0-330    | 0       | 20                | 17-54       | 0-45      | 0         | 0           |
| Specialty Bottled Soda | 160-170  | 0       | 0                 | 35          | 39-42     | 0         | 0           |
| Tea (Sweet and Un)     | 0-180    | 0       | 0                 | 0           | 0-51      | 0         | 0           |

| Hand-Crafted Shakes & Floats    | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|---------------------------------|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| Bananas Foster, Sm              | 643      | 29      | 18                | 239         | 87        | 0.4       | 11          |
| Bananas Foster, Reg             | 815      | 36      | 22                | 305         | 112       | 0.8       | 15          |
| Chocolate, Sm                   | 588      | 30      | 18                | 220         | 69        | 0.1       | 13          |
| Chocolate, Reg                  | 717      | 35      | 21                | 274         | 87        | 0.1       | 16          |
| Chocolate Malted Milk Ball, Sm  | 652      | 31      | 19                | 278         | 80        | 0.2       | 14          |
| Chocolate Malted Milk Ball, Reg | 781      | 37      | 23                | 346         | 97        | 0.2       | 17          |
| Chocolate Peanut Butter, Sm     | 722      | 41      | 20                | 324         | 74        | 0.9       | 18          |
| Chocolate Peanut Butter, Reg    | 932      | 55      | 24                | 456         | 89        | 2.1       | 25          |
| Cookies & Cream, Sm             | 684      | 34      | 19                | 461         | 82        | 1         | 14          |
| Cookies & Cream, Reg            | 824      | 40      | 22                | 572         | 99        | 1.3       | 18          |



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| Hand-Crafted Shakes & Floats | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|------------------------------|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| Chocolate Hazelnut, Sm       | 639      | 27      | 17                | 201         | 92        | 1         | 12          |
| Chocolate Hazelnut, Reg      | 912      | 39      | 22                | 272         | 128       | 1         | 17          |
| Salted Caramel Pretzel, Sm   | 698      | 29      | 18                | 519         | 99        | 0         | 12          |
| Salted Caramel Pretzel, Reg  | 908      | 35      | 21                | 782         | 135       | 1         | 16          |
| Strawberry, Sm               | 639      | 29      | 18                | 210         | 84        | 0.7       | 12          |
| Strawberry, Reg              | 740      | 35      | 21                | 259         | 95        | 0.7       | 15          |
| Strawberry Short Cake, Sm    | 771      | 34      | 20                | 393         | 104       | 0.8       | 14          |
| Strawberry Short Cake, Reg   | 877      | 39      | 22                | 477         | 117       | 0.8       | 17          |
| Vanilla Bean, Sm             | 566      | 30      | 19                | 226         | 61        | 0.1       | 13          |
| Vanilla Bean, Regular        | 672      | 36      | 22                | 275         | 73        | 0.1       | 16          |
| Espresso, Reg                | 614      | 34      | 21                | 232         | 65        | 0.3       | 14          |
| Espresso, Sm                 | 505      | 39      | 25                | 269         | 74        | 0.3       | 17          |
| Cherry Soda Float            | 499      | 11      | 6                 | 103         | 66        | 0         | 5           |
| Coca-Cola Float              | 437      | 11      | 6                 | 101         | 66        | 0         | 5           |
| Cream Soda Float             | 489      | 11      | 6                 | 103         | 63        | 0         | 5           |
| Orange Soda Float            | 499      | 11      | 6                 | 103         | 66        | 0         | 5           |
| Root Beer Float              | 499      | 11      | 6                 | 203         | 66        | 0         | 5           |

| Sunades and Cookies    | Calories | Fat (g) | Saturated Fat (g) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) |
|------------------------|----------|---------|-------------------|-------------|-----------|-----------|-------------|
| Your Cookie Sundae     | 827-837  | 38-40   | 20-22             | 383-493     | 107-112   | 2.8 - 3.8 | 11-13       |
| Cookie, Chocolate Chip | 350      | 18      | 9                 | 250         | 46        | 2         | 4           |
| Cookie, Oatmeal Raisin | 320      | 13      | 6                 | 260         | 47        | 2         | 4           |
| Cookie, Snickerdoodle  | 350      | 16      | 9                 | 270         | 47        | 1         | 4           |