



**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)
101	577	29	9	1,467	28	0	33
Cheesy	602-662	31-36	10-13	1,562-1,718	28-29	0	37-40
Bacon Cheesy	674-734	36-41	12-15	1,892-2,212	28-29	0	41-44
BBQ Bacon	770	41	14	2,310	49	1	42
Black + Bleu	750	48	15	2,392	30	1	40
Tex-Mex Haystack	817	52	17	2,445	36	1	43
Cinco Burger	659	42	16	838	34	1	30
OMG!	1,005-1,125	56-62	20-23	3,162-3,318	29-30	1	67-71
Shroom	711	42	14	1,667	32	1	40
Chili Cheese Crunch	736	35	13	1,673	32	1	34
Loaded Spud	890	55	18	2,941	42	1	52
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
Goat	70	4	4	130	1	0	4
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
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



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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	632	31	5	1,605	55	2	29
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	718	41	8	1,340	65	11	24

Turkey Burgers	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Cobb	804	54	13	2,482	47	3	28
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 Parm	713	36	13	1,940	52	2	40
Monterey	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 Chicken 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



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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	603	39	14	1,205	47	2	17
Chili Cheese	765	50	21	1,549	51	3	26
Sliders	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Bacon Cheesy Sliders	769-829	41-47	13-16	1,725-1,986	51-52	2	47-51
Black + Bleu Sliders	1,113	76	28	2,582	54	1.8	50
Cheesy Sliders	679-739	34-40	11-13	1,332-1,546	51-52	2	41-47
Fries + 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 + Half Fries, side	444	18	2	1,142	65	5	2
Half + Half Fries, share	936	35	6	2,276	147	11	6
Cheese + Ale Sauce, side	97	4	2	244	4	0	2
Cheese + Ale Fries, share	915	36	12	2,503	89	8	17
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



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Fresh Salads (does not include dressing, unless stated)	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
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
Side Garden Salad	36	0.3	0	31	6.5	2.6	1.7
Apple Orchard (with apple vinaigrette)	563	50	8	190	21	4	6
Farm to Bowl (with sweet + creamy balsamic vinaigrette)	467	32	6	1,069	20	4	23
Buffalo Chopped 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
Apple Vinaigrette, 2oz	360	37	5	101	5	0	0
Seasonal Berry Vinaigrette, 2oz	399	37.8	4.2	71	4	4	0
Sweet + Creamy Balsamic Vinaigrette, 2oz	221	19	3	383	11	0	0



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Chicken, grilled	91	2.3	0.5	598	0	0	16
Chicken, crispy	158	4.8	1	202	6	0	20
Ahi Patty	210	10	2	229	7	0.4	23
Beef Patty	283	19	7	1160	0	0	27
Shrimp Patty	250	11	2	424	17	1.3	21
Black Bean Patty	283	14	2.5	755	24	7	17
Turkey Patty	418	33	7	632	10	0.5	18
Avocado slices	42	4	1	2	2	2	0.6

Kids' Menu <small>(ranges include side and drink)</small>	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Kids' Grilled Cheese	485-902	22-41	9.5-16	937-1,482	59-97	1-3	17-25
Kids' Burger	359-864	19-41	9-21.6	1,139-1,842	26-90	0-4	19-39
Kids' Chicken Tenders	248-376	44-137	5-15	202-755	28-39	1-3	21-24
Kids' Grilled Chicken Tenders	202-330	27-112	3-12	341-894	15-33	1-3	20-23
Kids' 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

Kids' Shakes + 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+ Cream	584	32	18	458	76	1	12
Kiddie Sundae	239	10	5	72	35	0	5
21 Sauce, 1 oz	70	8	1	106	1	0	0
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



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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
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
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



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Cookies + Cream, Reg 824 40 22 572 99 1.3 18

Hand-Crafted Shakes	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
PB+J, Sm	748	38	20	290	90	2	16
PB+J, Reg	1,067	55	25	450	124	4	24
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

Cookies	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
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



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# 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.

4.5 oz Beef Burgers	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Burger 101	535	24	8	1,227	24	0	27
Cheesy Burger	560-620	26-31	9-12	1,322-1,478	24-25	0	31-34
Bacon Cheesy	632-692	31-36	11-14	1,652-1,972	24-25	0	35-38
BBQ Bacon	728	38	13	2,070	45	1	36
Breakfast Burger	886	53	19	2,749	51	1	55
Black + Bleu	708	43	14	2,152	26	1	34
Tex-Mex Haystack	775	47	16	2,205	32	1	37
Cinco	612	37	15	598	30	1	24
OMG!	922-1,042	51-57	19-22	2,922-3,078	25-26	1	61-65
Shroom	600	37	13	1,427	28	1	34
Loaded Spud	729	41	14	2,496	34	1	44
Patty Melt	797	47	14	1,683	47	1	34

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
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
Smoked Gouda	85	6	4	309	1	0	5.3





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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	630	31	5	1,605	55	2	29
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	718	41	8	1,340	65	11	24
Turkey Burgers	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Cobb	804	54	13	2,482	47	3	28
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 Parm	713	36	13	1,940	52	2	40
Monterey	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 Chicken Tender Basket (not additional sauces)	573-727	20-29	3-5	3,395-3,523	58-88	4-7	34-35



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Chicken Tender Basket (not including sauces)	573-727	20-29	3-4	1,381-1,509	58-88	4-7	34-35
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	603	39	14	1,205	47	2	17
Chili Cheese	765	50	21	1,549	51	3	26
Sliders	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Bacon Cheesy Sliders	769-829	41-47	13-16	1,725-1,986	51-52	2	47-51
Black + Bleu Sliders	1,113	76	28	2,582	54	1.8	50
Cheesy Sliders	679-739	34-40	11-13	1,332-1,546	51-52	2	41-47
Fries + 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 + Half Fries, side	444	18	2	1,142	65	5	2
Half + Half Fries, share	936	35	6	2,276	147	11	6
Cheese + Ale Sauce, side	97	4	2	244	4	0	2
Cheese + Ale Fries, share	915	36	12	2,503	89	8	17
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



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<b>Fresh Salads</b> (does not include dressing, unless stated)							
	<b>Calories</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>
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
Buffalo Chopped Cobb (includes avocado ranch dressing)	644	48	12	3,094	17	6	36
Farm to Bowl (includes sweet + creamy balsamic vinaigrette)	467	32	6	1,069	20	4	23
Apple Orchard (includes apple vinaigrette)	563	50	8	190	21	4	6
Side Garden Salad	36	0.3	0	31	6.5	2.6	1.7
<b>Salad Dressings and Add-on's</b>							
	<b>Calories</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>
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



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Apple Vinaigrette, 2oz	360	37	5	101	5	0	0
Seasonal Berry Vinaigrette, 2oz	399	378	42	71	4	4	0
Sweet + Creamy Balsamic Vinaigrette, 2oz	221	19	3	383	11	0	0
Chicken, grilled	91	2.3	0.5	598	0	0	16
Chicken, crispy	158	4.8	1	202	6	0	20
Ahi Patty	210	10	2	229	7	0.4	23
Beef Patty	241	16	6	1148	0	0	23
Shrimp Patty	250	11	2	424	17	1.3	21
Black Bean Patty	283	14	2.5	755	24	7	17
Turkey Patty	418	33	7	632	10	0.5	18
Avocado slices	42	4	1	2	2	2	0.6

Kids' Menu ( ranges include side and drink)	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Kids' Grilled Cheese	485-902	22-41	9.5-16	937-1,482	59-97	1-3	17-25
Kids Burger	359-864	19-41	9-21.6	1,139-1,842	26-90	0-4	19-39
Kids Chicken Tenders	248-376	44-137	5-15	202-755	28-39	1-3	21-24
Kids Grilled Chicken Tenders	202-330	27-112	3-12	341-894	15-33	1-3	20-23
Kids 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

Kids' Shakes + 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 + Cream	584	32	18	458	76	1	12
Kiddie Sundae	239	10	5	72	35	0	5



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Sauce Bar Sauces	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
21 Sauce, 1 oz	70	8	1	106	1	0	0
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
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
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	0-180	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	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



## BURGERS REINVENTED

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
Chocolate Hazelnut, Sm	639	27	17	201	92	1	12
Chocolate Hazelnut, Reg	912	39	22	277	128	1	17
PB+J, Sm	748	38	20	290	90	2	16
PB+J, Reg	1,067	55	25	450	124	4	24
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

Cookies	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
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



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.

Beef Burgers	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
101	535	24	8	1,227	24	0	27
Cheesy	560-620	26-31	9-12	1,322-1,478	24-25	0	31-34
Bacon Cheesy	632-692	31-36	11-14	1,652-1,972	24-25	0	35-38
BBQ Bacon	728	38	13	2,070	45	1	36
24/7	886	53	19	2,749	51	1	55
Black + Bleu	708	43	14	2,152	26	1	34
Tex-Mex Haystack	775	47	16	2,205	32	1	37
Shroom	669	37	13	1,427	28	1	34
Chili Cheese Crunch	673	33	11	1,634	22	1	31

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
Goat	70	4	4	130	1	0	4
Gorgonzola	25	2	1.5	95	0.3	0	1.5
Smoked Gouda	85	6	4	309	1	0	5.3
Monterey Jack	75	6	4	121	1	0	4.7
Provolone	75	6	3	168	0	0	4.7
Swiss	85	6	4	48	1	0	6.4

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



## BURGERS REINVENTED

Egg (Over-Easy or Fried)	94	7	1.6	62	0	0	6
Seafood Burgers	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Spicy Tuna	557	20	4	534	12	1	24
Tuna Cali	519	16	3	467	16	2	24
Veggie Burgers	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Black Bean	718	41	8	1,340	65	11	24
Impossible	512	21	14	628	9	0.5	27
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
Monterey	819	55	15	1,793	45	4	34
Chicken Tenders	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Chicken Tender Basket (not including sauces)	573-727	20-29	3-4	1,381-1,509	58-88	4-7	34-35
Each Additional Tender	79	2.4	0.5	101	3	0	10
Sliders	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Bacon Cheesy Sliders	769-829	41-47	13-16	1,725-1,986	51-52	2	47-51
Black + Bleu Sliders	1,113	76	28	2,582	54	1.8	50
Cheesy Sliders	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





## BURGERS REINVENTED

Sweet Potato Fries, share	1,120	46	3	1,644	181	11	4
Half + Half Fries, side	444	18	2	1,142	65	5	2
Half + Half Fries, share	936	35	6	2,276	147	11	6
Onion Strings, side	98	2	1	459	17	2	2
Onion Strings, share	225	5	1	1,050	39	3	5

<b>Fresh Salads</b> <small>(does not include dressing, unless stated)</small>	<b>Calories</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>
Farm to Bowl (with sweet + creamy balsamic vinaigrette)	467	32	6	1,069	20	4	23
Apple Orchard	563	50	8	190	21	4	6
Buffalo Chopped Cobb (with avocado ranch dressing)	644	48	12	3,094	17	6	36
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
Apple Vinaigrette, 2 oz	360	37	5	101	5	0	0
Ranch Dressing, 2 oz	260	26	4	460	6	0	2
Seasonal Berry Vinaigrette, 2 oz	399	378	42	71	4	4	0
Sweet + Creamy Balsamic Vinaigrette, 2 oz	221	19	3	383	11	0	0
Honey Mustard Dressing, 2 oz	320	28	4	270	16	0	0
Chicken, grilled	91	2.3	0.5	598	0	0	16
Chicken, crispy	158	4.8	1	202	6	0	20
Ahi Patty	210	10	2	229	7	0.4	23
Beef Patty	241	16	6	1148	0	0	23
Black Bean Patty	283	14	2.5	755	24	7	17
Impossible Patty	342	21	14	628	9	0.5	27
Avocado slices	42	4	1	2	2	2	0.6



## BURGERS REINVENTED

Kids' Menu (ranges include side and drink)	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Kids' Burger	359-864	19-41	9-21.6	1,139-1,842	26-90	0-4	19-39
Kids' Chicken Tenders	248-376	44-137	5-15	202-755	28-39	1-3	21-24
Kids' Grilled Chicken Tenders	202-330	27-112	3-12	341-894	15-33	1-3	20-23
Kids' Hot Dog	346-779	18-40	7-20	765-1,483	35-83	2-4	10-26

Kids' Shakes	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

Sauce Bar Sauces	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
21 Sauce, 1 oz	70	8	1	106	1	0	0
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
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
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



## BURGERS REINVENTED

Beverages	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Fountain Drinks	0-180	0	20	17-54	0-45	0	0
House Lemonade	130						
Tea (Sweet, Un and Flavored)	0-180	0	0	0	0-51	0	0
Kahwa Cold Brew Coffee	17						
Kombucha Tea	15-35						
Beer	95-250						

Hand-Crafted Shakes	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Bananas Foster	815	36	22	305	112	0.8	15
Chocolate	717	35	21	274	87	0.1	16
Chocolate Peanut Butter	932	55	24	456	89	2.1	25
Cookies + Cream	824	40	22	572	99	1.3	18
PB+J	1,012	43	15	432	118	3	20
Pineapple Upside-down	766	36	21	292	100	0	14
Salted Caramel Pretzel	908	35	21	782	135	1	16
Strawberry	740	35	21	259	95	0.7	15
Vanilla Bean	672	36	22	275	73	0.1	16



**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.

6.4 oz Beef Burgers	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Burger 101	630	38	10	1,716	31	0	39
Cheesy	655-715	38-44	12-15	1,811-1,967	31-32	0	43-46
Bacon Cheesy	727-787	44-49	14-17	2,141-2,461	31-32	0	47-50
BBQ Bacon	837	49	16	2,559	52	1	48
24/7	959	53	13	2,256	44	1	44
Black + Bleu	832	56	17	2,641	33	1	46
Tex-Mex Haystack	889	60	19	2,694	39	1	49
Cinco	732	48	18	1,087	37	1	36
OMG!	1,133-1,253	64-70	22-25	3,411-3,567	32-33	1	73-77
Shroom	770	49	16	1,916	35	1	46
Loaded Spud	963	58	19	2,985	43	1	56
Chili Cheese Crunch	809	55	18	2,645	37	1	43
Patty Melt	892	58	16	2,172	54	1	46

4.5 oz Beef Burgers	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Burger 101	535	24	8	1,227	24	0	27
Cheesy	560-620	26-31	9-12	1,322-1,478	24-25	0	31-34
Bacon Cheesy	632-692	31-36	11-14	1,652-1,972	24-25	0	35-38
BBQ Bacon	728	38	13	2,070	45	1	36
24/7	886	53	19	2,749	51	1	55
Black + Bleu	708	43	14	2,152	26	1	34



## BURGERS REINVENTED

Tex-Mex Haystack	775	47	16	2,205	32	1	37
Cinco	617	39	15	612	30	1	24
OMG!	922-1042	51-57	19-22	2,922-3,078	25-26	1	61-65
Shroom	669	37	13	1,427	28	1	34
Loaded Spud	848	50	15	2,696	38	1	47
Chili Cheese Crunch	673	33	11	1,634	22	1	31
Patty Melt	797	47	14	1,683	47	1	34

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
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
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	632	31	5	1,605	55	2	29
Ahi Tuna	603	34	6	772	41	2	30



## BURGERS REINVENTED

<b>Veggie Burgers</b>							
	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Black Bean	718	41	8	1,340	65	11	24
<b>Turkey Burgers</b>							
	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Cobb	804	54	13	2,482	47	3	28
Skinny	527	43	8	746	14	2	20
<b>Chicken Burgers</b>							
	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 Parm	713	36	13	1,940	52	2	40
Monterey	819	55	15	1,793	45	4	34
<b>Chicken Tenders</b>							
	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Buffalo Chicken 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
Each Additional Tender	79	2.4	0.5	101	3	0	10
<b>Gourmet Dogs</b>							
	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
101	603	39	14	1,205	47	2	17
Chili Cheese	765	50	21	1,549	51	3	26
<b>Sliders</b>							
	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Bacon Cheesy Sliders	769-829	41-47	13-16	1,725-1,986	51-52	2	47-51
Black + Bleu Sliders	1,113	76	28	2,582	54	1.8	50
Cheesy Sliders	679-739	34-40	11-13	1,332-1,546	51-52	2	41-47



## BURGERS REINVENTED

Fries + 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 + Half Fries, side	444	18	2	1,142	65	5	2
Half + Half Fries, share	936	35	6	2,276	147	11	6
Cheese + Ale Sauce, side	97	4	2	244	4	0	2
Cheese + Ale Fries, share	915	36	12	2,503	89	8	17
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)
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



## BURGERS REINVENTED

Super Burger Bowl, including garden veggie patty	287	5.9	1.3	569	32	8	12
Buffalo Chopped Cobb (includes avocado ranch dressing)	644	48	12	3,094	17	6	36
Farm to Bowl (includes sweet + creamy balsamic vinaigrette)	467	32	6	1,069	20	4	23
Apple Orchard (includes apple vinaigrette)	563	50	8	190	21	4	6
Side Garden Salad	36	0.3	0	31	6.5	2.6	1.7
Salad Dressings + 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
Apple Vinaigrette, 2oz	360	37	5	101	5	0	0
Seasonal Berry Vinaigrette, 2oz	399	378	42	71	4	4	0
Sweet + Creamy Balsamic Vinaigrette, 2oz	221	19	3	383	11	0	0
Chicken, grilled	91	2.3	0.5	598	0	0	16
Chicken, crispy	158	4.8	1	202	6	0	20
Ahi Patty	210	10	2	229	7	0.4	23
Beef Patty, 4.5 oz	241	16	6	1148	0	0	23
Beef Patty, 6.4oz	336	22	8	633	0	0	32
Shrimp Patty	250	11	2	424	17	1.3	21
Black Bean Patty	283	14	2.5	755	24	7	17
Turkey Patty	418	33	7	632	10	0.5	18
Avocado slices	42	4	1	2	2	2	0.6





## BURGERS REINVENTED

Kids' Menu ( ranges include side and drink)	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Kids' Grilled Cheese	485-902	22-41	9.5-16	937-1,482	59-97	1-3	17-25
Kids' Burger	359-864	19-41	9-21.6	1,139-1,842	26-90	0-4	19-39
Kids' Chicken Tenders	248-376	44-137	5-15	202-755	28-39	1-3	21-24
Kids' Grilled Chicken Tenders	202-330	27-112	3-12	341-894	15-33	1-3	20-23
Kids' Hot Dog	346-779	18-40	7-20	765-1,483	35-83	2-4	10-26
Kids' Salad (with grilled chicken)	189-622	26-246	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

Kids' Shakes + 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)
21 Sauce, 1 oz	70	8	1	106	1	0	0
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
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
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



## BURGERS REINVENTED

Toasted Marshmallow, 1 oz	170	17.5	2.3	220	2.8	2.6	0.2
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Yellow Mustard, 1 oz	0	0.9	0.1	319	1.9	0.9	1.2
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Beverages	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
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Fountain Drinks	0-180	0	20	17-54	0-45	0	0
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Specialty Bottled Soda	160-170	0	0	35	39-42	0	0
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Tea (Sweet and Un)	0-180	0	0	0	0-51	0	0
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Hand-Crafted Shakes & Floats	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
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Bananas Foster, Sm	643	29	18	239	87	0.4	11
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Bananas Foster, Reg	815	36	22	305	112	0.8	15
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Chocolate, Sm	588	30	18	220	69	0.1	13
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Chocolate, Reg	717	35	21	274	87	0.1	16
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Chocolate Malted Milk Ball, Sm	652	31	19	278	80	0.2	14
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Chocolate Malted Milk Ball, Reg	781	37	23	346	97	0.2	17
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Chocolate Peanut Butter, Sm	722	41	20	324	74	0.9	18
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Chocolate Peanut Butter, Reg	932	55	24	456	89	2.1	25
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Cookies + Cream, Sm	684	34	19	461	82	1	14
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Cookies + Cream, Reg	824	40	22	572	99	1.3	18
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Chocolate Hazelnut, Sm	639	27	17	201	92	1	12
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Chocolate Hazelnut, Reg	912	39	22	277	128	1	17
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PB+J, Sm	748	38	20	290	90	2	16
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PB+J, Reg	1,067	55	25	450	124	4	24
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Salted Caramel Pretzel, Sm	698	29	18	519	99	0	12
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Salted Caramel Pretzel, Reg	908	35	21	782	135	1	16
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## BURGERS REINVENTED

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

Cookies	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
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



**BURGERS REINVENTED**