



Menu Items	Serving Size	grams	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Ttl Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bakery													
Chocolate Chip	1	78 g	350	150	17	8	0.0	20	230	48	2	29	4
Double Chocolate Chip	1	78 g	350	160	18	9	0.0	20	270	45	3	30	4
M&M	1	78 g	350	140	16	8	0.0	25	230	48	1	30	4
Oatmeal Raisin cookie	1	78 g	320	120	13	6	0.0	25	240	48	2	28	4
Peanut Butter	1	78 g	360	170	20	7	0.0	25	330	42	2	26	6
Reeses Pieces	1	78 g	370	180	20	9	0.0	20	280	43	2	29	7
Sugar	1	78 g	330	120	14	6	0.0	30	350	48	1	24	4
White Chocolate Macadamia	1	57 g	260	120	14	7	0.0	15	170	33	0	21	3
Big Chocolate Chip Cookie	12 servings	78 g	350	150	17	8	0.0	20	230	48	2	29	4
Vanilla Cake Donut	1	71 g	270	120	13	6	0.0	35	460	36	1	12	4
Cinnobabies® - 5 per cup	5	159 g	540	180	20	7	4.0	25	660	79	3	33	10
Caramel Cinnobabies® 5 per cup	5	190g	640	200	22	7	4.0	30	750	97	3	44	11
Cinnobabies® - by the dozen	2 servings	213 g	750	270	30	12	4.5	50	840	106	3	51	12
Mini M&M	12 cookies	136 g	600	220	24	12	0.0	60	480	84	0	36	12
Mini Chocolate Chip	12 cookies	136 g	610	270	30	12	0.0	60	490	85	0	36	12
Caramel Roll	1	185g	670	80	9	3	0.5	85	115	134	10	42	18
Breakfast													
Burrito Original	1	173 g	410	170	18	6	0.0	120	1220	43	3	4	16
Burrito Denver	1	190 g	410	170	19	6	0.0	120	1230	45	4	5	17
Burrito Steak and Egg	1	183 g	360	120	13	4	0.0	175	1040	43	3	4	17
Burrito Skillet 10"	1	205 g	470	200	22	6	0.0	120	1350	51	4	4	17
Breakfast Burrito (Pre-Mix)	1	173g	430	190	21	7	0.0	120	1100	44	3	4	17
Spicy Buffalo Breakfast	1	194g	440	190	21	7	0.0	120	1710	44	4	4	16
Breakfast Taquito	1	106 g	290	90	10	4	0.0	60	640	33	2	1	9
Sausage, Egg & Cheese Biscuit	1	190 g	540	310	34	11	6.0	150	1630	40	1	5	19
Skillet - Sausage, Egg, Cheese & Hashbrown	1	254 g	670	370	41	11	6.0	150	1870	55	3	5	20
Sausage Biscuit	1	133 g	440	250	28	8	6.0	35	1260	36	1	4	12
Sausage, Egg, Pepperjack Cheese	1	209 g	560	320	36	12	6.0	170	1860	40	1	6	20
Ham, Egg & Cheese Biscuit	1	185 g	410	170	19	6	6.0	135	1650	39	1	6	19
Ham & Egg Biscuit	1	171 g	360	140	16	4.5	6.0	125	1420	37	1	5	17
Bacon, Egg & Cheese Biscuit	1	159 g	420	200	22	7	6.0	130	1360	38	1	4	17
Bacon & Egg Biscuit	1	145 g	370	170	18	5	6.0	120	1120	36	1	4	14
Egg & Cheese Biscuit	1	147 g	370	170	18	6	6.0	115	1210	37	1	4	13
Sausage & Egg Biscuit	1	176 g	490	280	31	9	6.0	140	1400	38	1	5	16
Biscuit with Jelly Packet	1	105 g	310	110	12	3	6.0	0	860	44	1	10	6
Biscuit & Gravy	1	176 g	360	170	18	4.5	6.0	10	1350	40	1	4	8
Biscuit	1	92g	280	110	12	8	0.0	0	860	35	1	3	6
Croissant Sausage, Egg & Cheese	1	156 g	480	290	32	12	0.0	150	1000	33	<1	6	17
Croissant Sausage & Egg	1	142 g	440	260	29	10	0.0	140	770	32	<1	6	14
Croissant Ham, Egg & Cheese	1	151 g	350	160	17	8	0.0	135	1030	32	<1	7	17
Croissant Bacon, Egg & Cheese	1	125 g	360	180	20	9	0.0	130	730	31	<1	5	15
Croissant Egg & Cheese	1	113 g	310	150	16	7	0.0	115	580	31	<1	5	11
English Muffin Sausage, Egg & Cheese	1	156 g	400	210	23	8	0.0	150	1070	33	1	3	17
English Muffin Sausage	1	99 g	310	150	17	5	0.0	35	700	30	<1	2	10
English Muffin Sausage & Egg	1	156 g	390	180	20	6	0.0	140	910	38	1	3	15
English Muffin Ham, Egg & Cheese	1	151 g	270	70	8	3.5	0.0	135	1090	32	<1	4	17
English Muffin Bacon, Egg & Cheese	1	125 g	280	100	11	4	0.0	130	800	31	1	2	15
English Muffin Egg & Cheese	1	113 g	230	70	7	3	0.0	115	650	31	1	2	11
Maple Sausage French Toast Sandwich	1	133 g	340	170	19	6	0.0	95	720	31	<1	7	12
Hashbrowns	2 hashbrowns	128 g	260	130	14	1	0.0	0	490	30	4	0	2
Country Style Ham, Egg, Cheese on Biscuit	1	176 g	470	230	26	9	6.0	160	1870	38	1	4	21
Chicken on Biscuit	1	181 g	460	180	20	4.5	6.0	45	1370	48	2	4	21
Breakfast Quesadilla	1	101 g	260	110	12	5	0.0	55	680	28	2	2	12
Half Wheat Sub (TNS) Sausage, Egg & Cheese	1	283g	740	400	45	14	0.0	290	1900	54	4	6	32
Half Wheat Sub (TNS) Sausage & Egg	1	269g	690	370	41	12	0.0	280	1670	53	4	5	30
Half Wheat Sub (TNS) Everything	1	347g	860	470	52	14	0.0	190	2260	71	6	6	30
Half Wheat Sub (TNS) Bacon, Egg & Cheese	1	213g	460	160	17	5	0.0	240	1250	51	4	4	26
Half White Sub (TNS) Sausage, Egg & Cheese	1	283 g	760	120	45	14	0.0	290	1880	58	2	8	32
Half White Sub (TNS) Sausage & Egg	1	269 g	710	370	41	12	0.0	280	1650	57	2	7	30
Half White Sub (TNS) Everything	1	347 g	880	470	52	14	0.0	190	2240	75	4	8	30
Half White Sub (TNS) Bacon, Egg & Cheese	1	216 g	500	160	18	6	0.0	240	1270	55	2	6	27
Chorizo													
Chorizo Taco	1 taco	113 g	290	130	14	5	0.0	115	750	27	2	2	13
Chorizo Taco	2 tacos	227 g	580	260	29	11	0.0	230	1510	54	5	4	27
Burrito Chorizo	1 burrito	170 g	400	170	19	6	0.0	120	1170	42	4	4	16
TnS Biscuit Sandwich													
Sausage, Egg & Cheese Biscuit	1	198 g	590	350	38	14	2.5	185	1540	37	<1	4	21
Sausage Biscuit	1	135 g	490	290	32	11	2.5	50	1160	34	<1	3	13
Sausage, Egg & Pepper Jack Cheese Biscuit	1	210 g	600	360	40	15	2.5	185	1750	37	<1	5	21
Ham, Egg & Cheese Biscuit	1	222 g	520	250	28	13	2.5	195	2040	41	<1	6	30
Ham & Egg Biscuit	1	172 g	360	140	16	5	2.5	160	1230	36	<1	4	17
Bacon, Egg & Cheese Biscuit	1	197 g	540	280	31	13	3.0	190	1760	40	<1	4	24
Bacon & Egg Biscuit	1	148 g	380	170	19	6	3.0	155	950	34	<1	3	16
Egg & Cheese Biscuit	1	184 g	480	240	27	12	2.5	175	1600	40	<1	4	20
Biscuit with Jelly Packet	1	92 g	310	100	11	4	2.5	0	620	41	<1	8	5
Biscuit & Gravy	1	163 g	350	150	17	5	2.5	10	1110	38	<1	2	7
Premade BK Sandwich													
Sausage, Egg & Cheese Biscuit	1	170 g	460	270	30	10	2.5	70	1220	33	<1	3	16
Sausage, Egg & Pepper Jack Cheese Biscuit	1	196 g	500	230	25	9	0.0	180	1450	51	4	5	23
Maple Sausage on French Toast	100 g	125 g	360	170	19	6	0.0	120	580	34	<1	14	11
Appetizers & Sides													
Steak and cheese taquito	1	106 g	230	70	8	2	0.0	20	360	31	1	1	9
Pepperjack taquito	1	106 g	280	130	14	6	0.0	25	270	30	0	1	8
Breakfast Taquito	1	106 g	290	90	10	4	0.0	60	640	33	2	1	9
Pepperoni Pizza Taquito	1	106g	300	140	16	5	0.0	25	720	30	2	1	9
Cheeseburger Taquito	1	106g	280	120	13	4	0.0	20	700	31	1	2	8
Breadstix (2) (dough) bag	2	130g	340	60	7	3.5	0.0	0	450	57	2	3	10
Breadstix Parmesan (dough) bag	2	132 g	340	70	8	3.5	0.0	0	570	57	2	3	10
Breadstix Sweet (dough) bag	2	138 g	370	70	8	3.5	0.0	0	460	64	2	9	10
Breadsticks w/ Marinara	2 breadsticks	173g	390	90	10	4	0.0	0	630	62	3	7	12



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Cheesy Breadsticks	2 breadsticks	171 g	480	160	18	9	0.0	30	810	58	2	3	20
Cheesy Garlic Bread	1 garlic bread	125 g	340	130	14	8	0.0	30	660	38	1	3	14
Cheesy Garlic Bread	1/2 garlic bread	63 g	170	65	7	4	0	15	330	19	0.5	1.5	7
Cheesy Garlic Bread w/Marinara	1 garlic bread	179 g	420	160	18	9	0.0	35	900	48	3	7	16
Cheesy Garlic Bread w/Marinara	1/2 garlic bread	90	210	80	9	4.5	0.0	17.5	450	24	1.5	3.5	8
Wings Hot	4 wings	92 g	120	70	8	2.5	0.0	60	770	3	0	1	9
Wings Hot	5 wings	115 g	150	90	10	3	0.0	75	960	4	0	1	11
Wings Hot	10 wings	230 g	300	180	20	6	0.0	150	1930	8	0	3	23
Wings Hot	12 wings	277 g	360	220	24	8	0.0	180	2320	9	0	3	27
Egg Roll Pork	1 egg roll	85 g	180	80	9	2.5	0.0	15	410	19	2	3	7
Egg Roll Pork	2 egg rolls	170 g	360	160	18	5	0.0	30	820	38	4	6	14
Chicken Tenders (bake) - Min. Wt.	3 tenders	128 g	270	150	17	3.5	0.0	65	700	13	3	1	18
Chicken Tenders (bake) - Max Wt.	3 tenders	143 g	300	170	19	4	0.0	70	790	14	3	2	20
Chicken Strips (3) Fried	3 strips	201g	480	140	16	3	0.0	75	1210	51	5	0	36
Mozzarella sticks w/ Marinara	5 sticks	201 g	530	330	36	12	0.5	40	1060	34	2	8	19
Cheddar Cheese Nuggets (10) Min	1 serving	62 g	170	70	7	4.5	0.0	15	540	17	1	2	8
Cheddar Cheese Nuggets (10) Max	1 serving	125 g	340	130	15	9	0.5	35	1090	34	3	4	16
Cheddar Cheese Nuggets (10) Avg.	1 serving	94 g	250	100	11	7	0.5	25	820	26	2	3	12
Pepper Cheese Poppers	5 poppers	103 g	260	120	13	6	0.5	15	650	26	6	4	7
Sriracha Bites (Avg. Wt.)	8 Bites	136 g	330	140	16	3.5	0.0	45	830	29	3	1	17
Popcorn chicken (5 oz portions)	1 serving	142 g	350	120	13	2.5	0.0	40	850	40	3	0	17
Popcorn chicken Fried (5 oz portions)	1 serving	148g	400	170	19	3.5	0.0	40	850	40	3	0	17
Potato Wedges	5 wedges	140g	170	30	3	1	0.0	0	70	36	3	0	4
Potato Wedges Fried	5 wedges	149g	250	110	12	2.5	0.0	0	290	36	3	0	4
Buffalo Chicken Wrap'R	1 wrap	101 g	270	130	15	4	0.0	30	730	23	3	2	11
Ranch Chicken Wrap'R	1 wrap	95 g	260	130	14	4	0.0	30	560	22	3	2	11
Ranch Cup	1 serving	28 g	110	100	12	1.5	0.0	10	240	2	0	2	0
Marinara cup	1 serving	43 g	50	25	2.5	0.5	0.0	0	180	5	1	4	1
Jalapeno Cheese Sauce	1 serving	43 g	40	25	3	1	0.0	<5	330	4	0	1	1
Cream Cheese Icing	1 serving	43 g	200	110	12	8	0.0	32	100	22	0	21	<1
Family Bread Stix	6 breadsticks	129 g	330	70	8	3.5	0.0	0	590	56	2	3	9
Family Cheesy Bread Stix	6 sticks	185 g	520	190	21	11	0.0	40	930	58	2	3	24
Waffle Fries Fried	1 tray	229g	560	300	33	5	0.0	0	1050	58	8	0	5
Waffle Fries Baked	1 tray	213g	420	160	17	2.5	0.0	0	1050	57	7	0	5
Onion Rings	1	149 g	360	190	21	3.5	0.0	0	700	40	3	6	3
Wings Boneless (w/o sauce)	6 wings	170 g	360	140	16	3	0.0	50	1420	32	2	0	22
Wings Boneless (w/o sauce)	10 wings	283g	600	240	27	5	0.0	85	2360	53	3	0	37
Wings Boneless (w/o sauce)	12 wings	340 g	720	290	32	6	0.0	100	2840	64	4	0	44
Wings Boneless BBQ (Sweet & Sassy)	6 wings	227 g	450	150	16	3	0.0	50	1660	53	3	19	23
Wings Boneless Buffalo	6 wings	227 g	440	210	24	4.5	1.0	50	3140	34	3	<1	22
Wings Boneless Oriental	6 wings	227 g	530	220	25	4	0.0	50	2030	55	2	17	22
Wings Boneless Honey Mustard	6 wings	227 g	610	330	37	6	0.0	70	1720	47	2	13	22
Wings Boneless BBQ (Sweet & Sassy)	12 wings	454 g	910	290	32	6	0.0	100	3340	108	6	38	46
Wings Boneless Buffalo	12 wings	454 g	880	430	47	9	2.0	100	6280	69	6	2	45
Wings Boneless Oriental	12 wings	454 g	1060	440	49	8	0.0	100	4050	109	4	34	44
Wings Boneless Honey Mustard	12 wings	454 g	1210	660	74	12	0.0	140	3450	94	4	26	44
ParBake BreadStix	2 breadsticks	105 g	290	70	8	2	2.0	0	470	46	2	3	7
ParBake BreadStix (Family)	6 breadsticks	98 g	270	60	7	2	2.0	0	480	43	2	3	7
ParBake BreadStix Parmesan	2 breadsticks	105 g	290	70	8	2	2.0	0	480	46	2	3	8
ParBake BreadStix Sweet	2 breadsticks	111 g	310	70	8	2	2.0	0	370	53	2	9	7
ParBake BreadStix w/Marinara	2 breadsticks	147 g	340	90	10	2.5	2.0	0	650	52	3	7	9
Potato Bucks (baked)	1	118 g	240	110	12	1.5	0.0	0	2280	28	3	0	3
Potato Bucks (fried)	1	132 g	360	240	27	4	0.0	0	2280	28	3	0	3
Waffle Fries (fried)	1	229 g	560	300	33	5	0.0	0	1050	58	8	0	5
Original French Fries	1	172 g	450	240	27	4.5	0.0	0	810	48	4	0	3
Onion Rings (fried)	1	148 g	360	190	21	3.5	0.0	0	470	40	3	6	3
Mini Chocolate Chip Cookies	10 cookies	113 g	500	230	25	10	0.0	50	400	71	0	30	10
Mini Donuts	6 Donuts	83 g	290	130	14	6	0.0	30	380	35	1	12	5
Scotharros	1	112 g	490	190	21	8	0.0	0	260	72	4	51	9
Marshmallow Crispy	1	74 g	290	50	6	3.5	0.0	15	200	55	0	29	2
Yummy Chow	1	124	540	130	14	12	0.0	0	450	103	4	66	4
Munchy Medley	1	125 g	540	150	17	13	0.0	0	830	96	4	33	8
Soft Pretzel	1	198 g	550	110	12	4	0.0	0	910	91	4	8	16
Soft Pretzel w/Cheese	1	242 g	600	140	15	5	0.0	<5	1240	96	4	9	17
Breaded Mushrooms-Fried (10)	1	174g	350	200	23	4.5	0	0	740	32	2	4	5
Fried Pickle Spears-Fried (4)	1	167g	310	150	17	3	0	0	1330	31	3	4	4
Mac & Cheese Bites-Fried (5)	1	132g	360	190	22	6	0	15	910	34	3	5	8
Jalapeno Corn Cheese Bites-Fried (8)	1	159g	400	220	24	6	0	15	830	40	2	5	8
Pepperoni Roll	1 Roll	145g	450	190	21	8	0.0	40	1170	44	3	3	19
Pepperoni Roll	1/2 Roll	74g	220	100	11	4	0.0	20	590	22	1	1	9
Sweet Roll Up	1 Roll	143g	450	120	14	6	0.0	15	500	74	3	32	9
Sweet Roll Up	1/2 Roll	71g	220	60	7	3	0.0	5	250	37	2	16	4
Breakfast Roll	1 Roll	213g	560	270	30	12	0.0	165	1450	50	3	5	23
Breakfast Roll	1/2 Roll	107g	280	140	15	6	0.0	80	730	25	1	3	12
Naked Wings													
Wings Naked	5 wings	136 g	340	220	24	6	0.0	160	710	0	0	0	29
Wings Naked	10 wings	283g	710	450	51	13	0.0	335	1480	0	0	0	61
Wings Naked	12 wings	326 g	820	520	58	16	0.0	390	1710	0	0	0	70
Wings Naked BBQ (Sweet & Sassy)	5 wings	163 g	360	170	19	5	0.0	125	810	22	1	19	24
Wings Naked Buffalo	5 wings	163 g	350	240	27	7	1.0	125	2280	2	<1	<1	23
Wings Naked Sesame Oriental	5 wings	163 g	440	250	27	6	0.0	125	1160	23	0	17	23
Wings Naked Honey Mustard	5 wings	163 g	510	360	40	8	0.0	145	860	15	0	13	23
Sweet n Sassy Sauce	1	57 g	90	0	0	0	0.0	0	250	22	1	19	<1
Buffalo Sauce	1	57 g	80	70	8	1.5	1.0	0	1730	2	<1	<1	0
Sesame Oriental	1	57 g	170	80	9	1	0.0	0	610	23	0	17	0
Honey Mustard	1	57 g	250	190	21	3	0	20	300	15	0	13	0
Ranch Dressing	1	57 g	290	270	30	5	0	10	570	4	0	2	0
Burgers, Chicken													



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Hamburger (Kaiser)	1	190 g	520	240	27	10.0	1.5	85	830	43	3	8	28
Hamburger (Bun)	1	196 g	530	240	27	10.0	1.5	85	870	46	2	6	27
Cheeseburger (Kaiser)	1	204 g	570	270	30	13.0	1.5	95	1090	45	2	9	31
Cheeseburger (Bun)	1	204 g	560	270	30	12.0	1.5	95	1070	44	2	6	29
Bacon Cheeseburger (Kaiser)	1	213 g	610	300	33	13.0	1.5	100	1170	44	3	8	33
Bacon Cheeseburger (Bun)	1	213 g	600	300	33	13.0	1.5	100	1180	45	2	6	32
Grilled Chicken Sandwich (Kaiser)	1	192 g	370	70	8	3.0	0.0	75	1250	46	4	8	31
Grilled Chicken Sandwich (Bun)	1	192 g	370	70	8	3.0	0.0	75	1260	46	3	6	30
Cordon Bleu Grilled Chicken	1	205 g	380	80	9	3.5	0.0	85	1420	43	4	9	34
84415 Crispy Chicken (baked) Sandwich (Kaiser)	1	189 g	460	180	20	6.0	0.0	60	1150	48	3	8	23
84415 Crispy Chicken (baked) Sandwich (Bun)	1	194 g	470	180	20	6.0	0.0	60	1190	51	2	6	22
Cordon Bleu Crispy Chicken (baked)	1	217 g	530	210	23	7.0	0.0	70	1430	52	2	10	29
Crispy Chicken (fried) Sandwich	1	208 g	520	120	14	4.0	0.0	65	1300	69	4	9	35
Cordon Bleu Crispy Chicken (fried)	1	226 g	550	130	14	4.5	0.0	75	1500	69	4	10	38
BBQ Pork (Kaiser)	1	193 g	500	190	21	8.0	0.0	60	1320	56	3	18	24
BBQ Pork (Bun)	1	187 g	480	160	18	7.0	0.0	55	1080	58	3	20	22
BBQ Beef	1	179 g	380	100	11	4.5	0.0	50	790	49	3	13	23
Jalapeno Chicken	1	101 g	250	90	10	5.0	0.0	35	830	27	2	2	15
Taco Melt	1	121 g	290	120	13	6.0	0.0	35	83	29	3	3	15
Nathan's Famous Hot Dog 7/1	1	108g	310	180	20	8	0.5	35	850	24	2	4	12
Nathan's Famous Jumbo Hot Dog	1	134g	390	240	27	10	1.0	55	1250	25	2	4	15
Nathan's Famous Footlong Hot Dog	1	190g	550	290	33	13	1.0	70	1410	43	3	7	22
Corndough Dog	1	96g	320	180	20	7	0.0	45	840	24	2	6	10
Megaritos													
Beef Burrito	1	458 g	700	190	21	6.0	0.0	30	2510	105	7	7	24
Chicken Burrito	1	458 g	670	160	18	4.5	0.0	30	2580	106	7	7	22
Personal Pizza-Dough													
Cheese	1 pizza	217g	530	170	19	8	0.0	35	1030	61	3	5	27
Pepperoni	1 pizza	230 g	580	220	24	10	0.0	50	1330	59	3	4	29
Italian Sausage	1 pizza	254 g	640	260	29	12	0.0	60	1570	61	3	4	32
Canadian Bacon	1 pizza	235 g	540	170	19	8	0.0	50	1420	59	3	4	30
Beef	1 pizza	254 g	580	200	22	10	0.0	55	1700	62	4	5	33
Pork	1 pizza	254 g	600	220	25	10	0.0	50	1540	61	4	5	32
Double Pepperoni	1 pizza	241 g	640	270	30	12	0.0	60	1560	59	3	4	32
All Meat	1 pizza	247 g	590	220	24	10	0.0	55	1540	60	3	4	32
Masterpiece Supreme®	1 pizza	266 g	610	230	25	10	0.0	55	1610	62	3	5	32
Garden style	1 pizza	280 g	550	180	20	8	0.0	35	1300	63	4	5	28
Hawaiian	1 pizza	259 g	550	170	19	8	0.0	50	1420	63	3	8	31
Sausage, Cheese & Bacon Omelet	1 pizza	235 g	520	310	35	15	0.0	195	1300	15	2	9	34
Denver Omelet	1 pizza	262 g	630	260	29	12	0.0	165	1510	57	3	3	33
Steak & Egg	1 pizza	268 g	550	190	21	8	0.0	190	1480	59	2	4	30
Garlic Chicken	1 pizza	251 g	570	190	21	9	0.0	65	149	55	2	2	38
Mighty 7 Meat	1 pizza	264 g	640	230	26	11	0.0	75	1860	60	3	4	39
Ham, Cheese & Bacon Omelet	1 pizza	229 g	570	210	23	10	0.0	160	1490	55	2	2	33
Bacon Cheeseburger	1 pizza	236 g	540	180	20	9	0.0	50	1860	63	3	8	27
BBQ Chicken	1 pizza	220 g	520	140	16	7	0.0	45	1230	65	2	11	28
Chorizo Breakfast	1 pizza	237 g	630	260	29	12	0.0	165	1430	57	2	2	33
Personal Pizza-Disk													
Cheese	1 pizza	231 g	580	210	23	11	0.0	40	1000	63	3	5	28
Pepperoni	1 pizza	244 g	640	260	29	13	0.0	50	1230	63	3	5	31
Italian Sausage	1 pizza	268 g	700	300	33	15	0.0	60	1470	65	3	5	34
Canadian Bacon	1 pizza	249 g	600	210	24	11	0.0	50	1320	64	3	5	32
Beef	1 pizza	268 g	650	240	27	13	0.0	55	1600	66	4	6	35
Pork	1 pizza	268 g	670	260	30	13	0.0	55	1440	66	4	6	34
Double Pepperoni	1 pizza	257 g	700	310	35	15	0.0	65	1470	64	3	5	33
All Meat	1 pizza	262 g	660	260	29	13	0.0	55	1450	65	3	5	34
Masterpiece Supreme®	1 pizza	280 g	670	270	30	13	0.0	55	1510	66	4	6	34
Garden style	1 pizza	294 g	620	220	25	11	0.0	40	1200	67	4	7	29
Hawaiian	1 pizza	274 g	620	210	24	11	0.0	50	1320	68	3	9	32
Sausage, Cheese & Bacon Omelet	1 pizza	251 g	690	300	33	15	0.0	165	1370	60	2	4	34
Denver Omelet	1 pizza	276 g	690	300	33	15	0.0	165	1410	62	3	4	35
Steak & Egg	1 pizza	282 g	610	230	25	11	0.0	190	1380	63	2	5	32
Garlic Chicken	1 pizza	258 g	610	220	25	12	0.0	70	1360	57	2	3	38
Mighty 7 Meat	1 pizza	278 g	700	280	31	14	0.0	75	1760	64	3	5	41
Ham, Cheese & Bacon Omelet	1 pizza	244 g	630	250	28	13	0	165	1400	60	2	4	35
Bacon Cheeseburger	1 pizza	250 g	610	220	24	12	0.0	55	1760	67	3	9	29
BBQ Chicken	1 pizza	234 g	590	180	21	10	0.0	50	1130	69	3	12	30
Chorizo Breakfast	1 pizza	251 g	690	300	34	15	0.0	165	1330	61	3	3	34
Alfredo Chicken	1 pizza	245 g	620	230	26	13	0.0	60	1250	60	2	3	34
Country Style Gravy-Sausage & Egg	1 pizza	240g	590	240	27	12	0.0	100	1170	58	2	3	27
Buffalo Chicken	1 pizza	241g	610	240	27	13	1.0	65	1800	59	2	4	32
Mac & Cheese	1 pizza	268g	600	200	23	12	0.0	40	1190	73	3	5	26
Beer Cheese & Brat	1 pizza	241g	660	280	32	15	0.5	65	1450	63	2	5	30
Spicy Chipotle	1 pizza	281g	740	290	33	15	1.0	70	1730	78	3	17	33
Handcrafted Personal Pizza-Disk													
Cheese	1 pizza	231 g	580	210	23	11	0.0	40	1000	63	3	5	28
Pepperoni	1 pizza	252 g	680	290	32	15	0.0	60	1390	64	3	5	32
Italian Sausage	1 pizza	268 g	700	300	33	15	0.0	60	1470	65	3	5	34
Canadian Bacon	1 pizza	251 g	610	210	24	11	0.0	50	1360	64	3	5	33
Beef	1 pizza	268 g	650	240	27	13	0.0	55	1600	66	4	6	35
Pork	1 pizza	268 g	670	260	30	13	0.0	55	1440	66	4	6	34
Double Pepperoni	1 pizza	257 g	700	310	35	15	0.0	65	1470	64	3	5	33
All Meat	1 pizza	262 g	660	260	29	13	0.0	55	1450	65	3	5	34



Menu Items	Serving Size	grams	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Ttl Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Masterpiece Supreme®	1 pizza	280 g	670	270	30	13	0.0	55	1510	66	4	6	34
Garden style	1 pizza	294 g	620	220	25	11	0.0	40	1200	67	4	7	29
Hawaiian	1 pizza	274 g	620	210	24	11	0.0	50	1320	68	3	9	32
Sausage, Cheese & Bacon Omelet	1 pizza	251 g	690	300	33	15	0.0	165	1370	60	2	4	34
Denver Omelet	1 pizza	276 g	690	300	33	15	0.0	165	1410	62	3	4	35
Steak & Egg	1 pizza	282 g	610	230	25	11	0.0	190	1380	63	2	5	32
Garlic Chicken	1 pizza	265 g	630	230	25	12	0.0	70	1390	60	2	3	39
Mighty 7 Meat	1 pizza	278 g	700	280	31	14	0.0	75	1760	64	3	5	41
Ham, Cheese & Bacon Omelet	1 pizza	244 g	630	250	28	13	0	165	1400	60	2	4	35
Bacon Cheeseburger	1 pizza	253 g	620	220	25	12	0.0	55	1770	68	3	9	30
BBQ Chicken	1 pizza	234 g	590	180	21	10	0.0	50	1130	69	3	12	30
Chorizo Breakfast	1 pizza	251 g	690	300	34	15	0.0	165	1330	61	3	3	34
Alfredo Chicken	1 pizza	8.4 oz / 238 g	600	230	25	13	0.0	60	1220	58	2	3	33
Country Style Gravy-Sausage & Egg	1 pizza	242g	590	240	27	12	0.0	100	1180	58	2	3	27
Mac & Cheese	1 pizza	268g	600	200	23	12	0.0	40	1190	73	3	5	26
Beer Cheese & Brat	1 pizza	259g	730	330	37	17	0.5	75	1690	64	2	6	33
Spicy Chipotle	1 pizza	281g	740	290	33	15	1.0	70	1730	78	3	17	33
Personal Pizza High Fiber-Disk													
Cheese	1 pizza	225 g	540	200	23	11	0.0	40	1100	59	7	4	27
Pepperoni	1 pizza	244 g	620	270	30	14	0.0	55	1370	59	7	5	31
Italian Sausage	1 pizza	262 g	660	300	33	14	0.0	60	1570	60	7	5	32
Canadian Bacon	1 pizza	239 g	560	210	24	11	0.0	45	1340	59	7	5	30
Beef	1 pizza	262 g	610	240	27	12	0.0	55	1700	61	8	5	33
Pork	1 pizza	262 g	630	260	30	13	0.0	55	1540	61	8	5	32
Double Pepperoni	1 pizza	251 g	660	310	35	15	0.0	65	1570	59	7	4	32
All Meat	1 pizza	256 g	620	260	29	13	0.0	55	1540	61	8	5	32
Masterpiece Supreme®	1 pizza	272 g	630	260	30	13	0.0	55	1600	61	8	5	32
Garden style	1 pizza	286 g	570	220	25	11	0.0	35	1290	62	8	6	27
Hawaiian	1 pizza	286 g	580	210	24	11	0.0	50	1420	63	7	8	31
Sausage, Cheese & Bacon Omelet	1 pizza	244 g	640	300	33	15	0.0	165	1460	55	6	3	32
Denver Omelet	1 pizza	269 g	650	300	33	15	0.0	165	1500	57	7	4	33
Steak & Egg	1 pizza	275 g	570	230	25	11	0.0	190	1470	58	6	4	30
Garlic Chicken	1 pizza	258 g	590	230	25	12	0.0	70	1480	55	6	3	37
Mighty 7 Meat	1 pizza	273 g	670	280	31	14	0.0	75	1870	60	7	5	39
Ham, Cheese & Bacon Omelet	1 pizza	232 g	580	240	27	13	0.0	160	1410	55	6	3	32
Bacon Cheeseburger	1 pizza	286 g	690	300	33	16	0.0	75	1880	62	8	5	38
Personal Pretopped Pizza													
Cheese	1 pizza	217 g	540	190	21	9	2.0	30	1060	62	3	6	24
Pepperoni	1 pizza	228 g	600	230	26	11	2.0	40	1260	63	3	6	26
Supreme	1 pizza	233 g	590	220	25	10	2.0	40	1230	64	3	6	26
Breakfast	1 pizza	198 g	530	200	23	9	2.5	60	1090	59	2	4	20
Supper Personal Pizza-Dough													
Cheese	1 pizza	342 g	820	280	32	14	0.0	65	1750	87	4	6	45
Pepperoni	1 pizza	359 g	910	360	40	17	0.0	80	2090	87	4	6	48
Italian Sausage	1 pizza	399 g	1010	430	47	20	0.0	100	2470	89	5	7	53
Canadian Bacon	1 pizza	370 g	860	300	33	15	0.0	80	2230	88	4	7	51
Beef	1 pizza	399 g	920	330	37	17	0.0	90	2670	91	6	7	55
Pork	1 pizza	399 g	960	370	42	18	0.0	90	2430	91	6	8	53
Double Pepperoni	1 pizza	381 g	1010	440	49	20	0.0	105	2460	88	4	6	52
All Meat	1 pizza	406 g	1020	430	48	20	0.0	105	2740	90	5	7	56
Masterpiece Supreme®	1 pizza	424 g	970	380	42	18	0.0	90	2550	91	5	8	53
Garden style	1 pizza	442 g	920	350	39	14	0.0	65	2650	93	5	8	46
Hawaiian	1 pizza	407 g	880	300	33	15	0.0	80	2240	94	4	12	51
Sausage, Cheese & Bacon Omelet	1 pizza	385 g	1000	440	49	20	0.0	310	2410	83	3	4	55
Denver Omelet	1 pizza	452 g	1060	450	51	21	0.0	325	2580	89	4	6	58
Garlic Chicken	1 pizza	382 g	840	270	30	13	0.0	110	2360	80	3	3	59
Mighty 7 Meat	1 pizza	426 g	1010	390	43	18	0.0	120	2920	90	5	7	63
Ham, Cheese & Bacon Omelet	1 pizza	373 g	920	360	40	17	0.0	305	2440	82	3	4	56
Bacon Cheeseburger	1 pizza	404 g	980	380	42	20	1.0	115	3180	95	5	13	54
BBQ Chicken	1 pizza	349 g	830	240	26	13	0.0	90	2010	95	4	17	49
Chorizo Breakfast	1 pizza	385 g	1010	440	49	20	0.0	310	2350	83	4	4	56
Super Personal- Disk													
Cheese	1 pizza	365 g	920	340	38	19	0.0	65	1610	94	4	8	47
Pepperoni	1 pizza	384 g	1010	420	47	22	0.0	85	1970	95	4	8	51
Italian Sausage	1 pizza	422 g	1110	490	54	24	0.0	100	2330	97	5	8	55
Canadian Bacon	1 pizza	392 g	960	350	40	19	0.0	85	2090	95	4	8	53
Beef	1 pizza	422 g	1020	390	44	21	0.0	95	2540	98	6	9	57
Pork	1 pizza	422 g	1060	430	49	22	0.0	90	2290	98	6	9	56
Double Pepperoni	1 pizza	404 g	1110	500	56	25	0.0	105	2320	95	4	8	55
All Meat	1 pizza	413 g	1040	430	48	22	0.0	95	2320	97	5	8	55
Masterpiece Supreme®	1 pizza	447 g	1070	440	49	22	0.0	95	2420	99	6	9	56
Garden style	1 pizza	465 g	1020	410	46	19	0.0	65	2510	100	5	9	48
Hawaiian	1 pizza	429 g	980	350	40	19	0.0	85	2100	101	5	14	53
Sausage, Cheese & Bacon Omelet	1 pizza	412g	1110	500	56	25	0.0	315	2290	92	4	6	58
Denver Omelet	1 pizza	463g	1130	500	56	25	0.0	315	2370	95	4	7	59
Garlic Chicken	1 pizza	389g	930	320	36	17	0.0	110	2140	89	3	5	58
Mighty 7 Meat	1 pizza	399g	960	350	39	17	0.0	100	2480	97	5	9	52
Ham, Cheese & Bacon Omelet	1 pizza	399g	1030	420	47	22	0.0	305	2310	91	3	6	59
Bacon Cheeseburger	1 pizza	431g	1090	440	49	25	1.0	120	3060	104	5	15	57



Menu Items	Serving Size	grams	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Ttl Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BBQ Chicken	1 pizza	376g	940	300	34	18	0.0	95	1880	105	4	19	51
Chorizo Breakfast	1 pizza	412g	1120	500	56	25	0.0	310	2230	92	4	6	59
Country Style Gravy-Sausage & Egg	1 pizza	359g	870	35	39	17	0.0	145	1720	89	3	5	39
Buffalo Chicken	1 pizza	400g	1010	410	46	22	2.0	115	3200	93	4	6	53
Mac & Cheese	1 pizza	398g	890	300	33	17	0.0	60	1760	110	5	7	37
Beer Cheese & Brat	1 pizza	311g	880	430	48	23	1.0	100	2140	67	2	7	41
Spicy Chipotle	1 pizza	435g	1160	460	52	24	1.5	110	2690	119	5	27	52
Classic Large Pizza - Dough													
Cheese	per slice / 8 slices total	145g	340	110	12	5	0.0	25	730	40	2	3	18
Pepperoni	per slice / 8 slices total	155g	390	140	16	7	0.0	35	910	40	2	3	20
Italian Sausage	per slice / 8 slices total	169g	420	170	19	8	0.0	40	1040	41	2	3	21
Canadian Bacon	per slice / 8 slices total	157g	360	110	13	6	0.0	30	940	40	2	3	20
Beef	per slice / 8 slices total	169g	390	130	14	6	0.0	35	1120	42	3	3	22
Pork	per slice / 8 slices total	169g	400	150	16	7	0.0	35	1020	42	2	3	21
Double Pepperoni	per slice / 8 slices total	164g	430	180	20	8	0.0	40	1070	41	2	3	21
All Meat	per slice / 8 slices total	172g	410	150	17	7	0.0	40	1130	41	2	3	22
Masterpiece Supreme®	per slice / 8 slices total	189g	430	160	18	7	0.0	40	1180	43	3	3	23
Garden style	per slice / 8 slices total	185g	380	130	14	5	0.0	25	1030	43	2	3	18
Bacon Cheeseburger	per slice / 8 slices total	181g	420	150	17	7	0.0	45	1350	42	2	3	25
Hawaiian	per slice / 8 slices total	169g	370	110	12	5	0.0	30	940	42	2	5	20
Sausage, Cheese & Bacon Omelet	per slice / 8 slices total	159g	420	170	19	8	0.0	105	1020	38	1	2	22
Denver Omelet	per slice / 8 slices total	179g	430	170	19	8	0.0	105	1050	40	2	2	23
Garlic Chicken	per slice / 8 slices total	157g	370	120	13	6	0.0	40	880	38	1	1	22
Mighty 7 Meat	per slice / 8 slices total	175g	410	140	16	7	0.0	45	1150	41	2	3	24
Mac & Cheese	per slice / 8 slices	151g	330	90	10	5	0.0	25	760	44	2	2	14
Beer Cheese & Brat	per slice / 8 slices	151g	400	160	18	8	0.0	40	1030	40	1	3	18
Classic Large Pizza - Disk													
Cheese	per slice / 8 slices total	145g	360	130	15	6	1.0	25	630	39	2	3	18
Pepperoni	per slice / 8 slices total	155g	410	170	19	8	1.0	35	810	40	2	3	20
Italian Sausage	per slice / 8 slices total	169g	440	190	21	8	1.0	40	940	40	2	3	21
Canadian Bacon	per slice / 8 slices total	157g	380	140	15	6	1.0	30	840	40	2	3	20
Beef	per slice / 8 slices total	169g	410	150	17	7	1.0	35	1020	41	2	4	22
Pork	per slice / 8 slices total	169g	420	170	19	8	1.0	35	920	41	2	4	21
Double Pepperoni	per slice / 8 slices total	164g	450	200	23	9	1.0	45	980	40	2	3	21
All Meat	per slice / 8 slices total	172g	430	180	20	8	1.0	40	1030	41	2	4	22
Masterpiece Supreme®	per slice / 8 slices total	189g	450	180	21	8	1.0	40	1080	42	2	4	23
Garden style	per slice / 8 slices total	185g	400	150	17	6	1.0	25	930	42	2	4	18
Bacon Cheeseburger	per slice / 8 slices total	181g	450	170	19	8	1.5	45	1400	43	2	6	25
Hawaiian	per slice / 8 slices total	169g	390	140	15	6	1.0	30	840	42	2	5	20
Sausage, Cheese & Bacon Omelet	per slice / 8 slices total	159g	440	190	22	9	1.0	105	920	38	1	2	22
Denver Omelet	per slice / 8 slices total	179g	450	190	22	9	1.0	105	950	39	2	3	23
Ham, Cheese & Bacon Omelet	per slice / 8 slices total	153g	400	160	18	7	1.0	100	920	37	1	2	22
Garlic Chicken	per slice / 8 slices total	157g	380	140	16	7	1.0	40	780	37	1	2	22
Mighty 7 Meat	per slice / 8 slices total	175g	430	170	19	8	1.0	45	1050	40	2	4	24
Spicy Chipotle	per slice / 8 slices total	179g	480	200	22	9	1.5	45	1170	49	2	11	21
Classic Large Thin Pizza - Disk													
Cheese	per slice / 8 slices total	78g	180	60	7	2.5	0.0	10	360	20	1	2	9
Pepperoni	per slice / 8 slices total	83g	210	80	9	3	0.0	15	450	21	1	2	10
Italian Sausage	per slice / 8 slices total	92g	230	10	11	3.5	0.0	20	540	21	2	2	11
Canadian Bacon	per slice / 8 slices total	85g	190	70	7	2.5	0.0	15	480	21	1	2	11
Beef	per slice / 8 slices total	92g	210	80	8	3	0.0	15	590	21	2	2	12
Pork	per slice / 8 slices total	92g	220	90	10	3	0.0	15	530	21	2	2	11
Double Pepperoni	per slice / 8 slices total	92g	240	110	12	4	0.0	20	570	22	1	2	12
All Meat	per slice / 8 slices total	96g	230	90	10	3.5	0.0	20	620	21	2	2	12
Masterpiece Supreme®	per slice / 8 slices total	105g	240	100	11	3.5	0.0	20	640	22	2	2	12
Garden style	per slice / 8 slices total	105g	200	70	8	2.5	0.0	10	500	22	2	2	9
Bacon Cheeseburger	per slice / 8 slices total	97g	220	80	9	3.5	0.0	20	790	23	2	4	12
Hawaiian	per slice / 8 slices total	92g	200	70	7	2.5	0.0	15	460	22	1	3	10
Sausage, Cheese & Bacon Omelet	per slice / 8 slices total	85g	240	110	12	4.5	0.0	55	530	19	1	1	13
Denver Omelet	per slice / 8 slices total	105g	240	110	12	4.5	0.0	55	570	20	1	2	13
Garlic Chicken	per slice / 8 slices total	87g	200	70	8	2.5	0.0	20	450	19	1	<1	12
Mighty 7 Meat	per slice / 8 slices total	97g	230	90	10	3.5	0.0	25	630	21	2	2	13
Classic Large Pizza - ParBake													
Cheese	per slice / 8 slices total	135g	330	120	14	7	0.0	25	640	35	2	3	17
Pepperoni	per slice / 8 slices total	144g	380	160	18	8	0.0	35	810	35	2	3	19
Italian Sausage	per slice / 8 slices total	158g	410	180	20	9	0.0	40	940	36	2	3	20
Canadian Bacon	per slice / 8 slices total	146g	350	130	14	7	0.0	30	840	35	2	3	19
Beef	per slice / 8 slices total	158g	370	140	16	8	0.0	35	1020	36	2	3	21
Pork	per slice / 8 slices total	158g	390	160	18	8	0.0	35	920	36	2	3	20
Double Pepperoni	per slice / 8 slices total	153g	420	200	22	10	0.0	40	970	35	2	3	20
All Meat	per slice / 8 slices total	162g	400	1710	19	9	0.0	40	1030	36	2	3	21
Masterpiece Supreme®	per slice / 8 slices total	178g	410	180	20	9	0.0	40	1080	37	2	4	21
Garden style	per slice / 8 slices total	175g	370	150	16	7	0.0	25	940	37	2	3	17
Bacon Cheeseburger	per slice / 8 slices total	170g	420	160	18	9	0.0	45	1390	39	2	6	24
Hawaiian	per slice / 8 slices total	158g	360	130	14	7	0.0	30	840	37	2	5	19
Sausage, Cheese & Bacon Omelet	per slice / 8 slices total	148g	410	190	21	9	0.0	105	920	33	1	2	21
Denver Omelet	per slice / 8 slices total	168g	420	190	21	9	0.0	105	950	34	2	3	22
Ham, Cheese & Bacon Omelet	per slice / 8 slices total	143g	370	150	17	8	0.0	100	930	32	1	2	21
Premium Large Pizza - Disk													
Cheese	per slice / 8 slices total	105g	270	90	11	4.5	1.0	15	450	31	1	2	13



Menu Items	Serving Size	grams	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Ttl Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pepperoni	per slice / 8 slices total	113g	310	130	14	6	1.0	25	600	31	1	2	14
Italian Sausage	per slice / 8 slices total	121g	320	140	15	6	1.0	25	660	31	1	2	15
Canadian Bacon	per slice / 8 slices total	113g	280	100	11	4.5	1.0	20	600	31	1	2	14
Beef	per slice / 8 slices total	121g	300	110	12	5	1.0	25	720	32	2	2	16
Pork	per slice / 8 slices total	121g	310	120	13	5	1.0	25	650	32	2	3	15
Double Pepperoni	per slice / 8 slices total	121g	350	160	18	7	1.0	30	740	31	1	2	16
All Meat	per slice / 8 slices total	123g	320	130	14	6	1.0	25	720	31	2	2	16
Masterpiece Supreme®	per slice / 8 slices total	132g	320	130	15	6	1.0	25	750	32	2	3	16
Garden style	per slice / 8 slices total	130g	290	110	12	4	1.0	15	640	32	2	3	13
Bacon Cheeseburger	per slice / 8 slices total	124g	310	120	13	5	1.0	30	850	33	1	4	16
Hawaiian	per slice / 8 slices total	122g	290	100	11	4.5	1.0	20	600	32	1	3	15
Sausage, Cheese & Bacon Omelet	per slice / 8 slices total	125g	340	150	16	7	1.0	85	680	30	1	2	17
Denver Omelet	per slice / 8 slices total	139g	350	150	16	7	1.0	85	700	31	1	2	18
Ham, Cheese & Bacon Omelet	per slice / 8 slices total	119g	320	120	14	6	1.0	80	650	30	<1	2	17
Garlic Chicken	per slice / 8 slices total	119g	290	100	11	4.5	1.0	30	590	30	<1	1	17
Mighty 7 Meat	per slice / 8 slices total	127g	320	120	14	5	1.0	30	770	31	1	2	17
Country Style Gravy-Sausage & Egg	per slice / 8 slices total	118g	290	110	13	5	1.0	45	560	30	1	2	13
Mac & Cheese	per slice / 8 slices total	125g	290	100	11	5	1.0	20	550	36	1	2	11
Beer Cheese & Brat	per slice / 8 slices total	117g	330	140	16	7	1.0	30	720	32	<1	2	14
Spicy Chipotle	per slice / 8 slices total	125g	340	130	15	6	1.0	30	770	36	1	6	14
Premium Large Pizza - Thin													
Cheese	per slice / 8 slices total	83g	210	80	9	3.5	0.0	15	400	20	1	1	12
Pepperoni	per slice / 8 slices total	91g	250	110	13	4.5	0.0	25	540	20	1	1	13
Italian Sausage	per slice / 8 slices total	100g	270	120	14	5	0.0	25	610	21	2	2	14
Canadian Bacon	per slice / 8 slices total	91g	220	80	9	3.5	0.0	20	540	20	1	2	14
Beef	per slice / 8 slices total	100g	240	100	11	4	0.0	25	670	21	2	2	15
Pork	per slice / 8 slices total	100g	250	110	12	4.5	0.0	25	600	21	2	2	14
Double Pepperoni	per slice / 8 slices total	99g	290	150	16	6	0.0	30	690	20	1	1	15
All Meat	per slice / 8 slices total	102g	260	110	13	5	0.0	25	670	21	2	2	15
Masterpiece Supreme®	per slice / 8 slices total	102g	240	110	12	4.5	0.0	25	650	20	2	2	14
Garden style	per slice / 8 slices total	109g	230	90	11	3.5	0.0	15	590	22	2	2	12
Hawaiian	per slice / 8 slices total	100g	230	80	9	3.5	0.0	20	550	21	1	3	14
Bacon Cheeseburger	per slice / 8 slices total	102g	250	100	12	4.5	0.0	30	800	22	2	3	15
Sausage, Cheese & Bacon Omelet	per slice / 8 slices total	103g	280	130	15	6	0.0	80	630	20	1	1	16
Denver Omelet	per slice / 8 slices total	117g	290	130	15	6	0.0	85	650	20	1	2	17
Ham, Cheese & Bacon Omelet	per slice / 8 slices total	98g	260	110	13	5	0.0	80	600	19	1	1	16
Garlic Chicken	per slice / 8 slices total	97g	230	90	10	4	0.0	25	520	19	1	<1	15
Mighty 7 Meat	per slice / 8 slices total	105g	260	110	12	4.5	0.0	30	710	21	2	2	17
Mac & Cheese	per slice / 8 slices	103g	220	80	9	4	0.0	20	500	26	1	2	10
Beer Cheese & Brat	per slice / 8 slices	96g	270	120	14	6	0.0	30	670	21	1	2	14
Spicy Chipotle	per slice / 8 slices	104g	280	120	13	5	0.0	30	720	26	1	6	14
Premium Large Pizza - Parbake													
Cheese	per slice / 8 slices total	109g	280	90	11	5	0.0	15	500	33	1	2	13
Pepperoni	per slice / 8 slices total	117g	320	130	14	6	0.0	25	650	33	1	2	14
Italian Sausage	per slice / 8 slices total	125g	330	140	15	7	0.0	25	710	33	2	2	15
Canadian Bacon	per slice / 8 slices total	117g	290	100	11	5	0.0	20	650	33	1	2	14
Beef	per slice / 8 slices total	125g	310	110	12	6	0.0	25	770	34	2	2	16
Pork	per slice / 8 slices total	125g	320	120	13	6	0.0	25	700	33	2	2	15
Double Pepperoni	per slice / 8 slices total	125g	360	160	18	8	0.0	30	800	33	1	2	16
All Meat	per slice / 8 slices total	127g	330	130	14	6	0.0	25	770	33	2	2	16
Masterpiece Supreme®	per slice / 8 slices total	138g	340	130	15	6	0.0	25	820	34	2	2	16
Garden style	per slice / 8 slices total	136g	300	110	12	5	0.0	15	710	34	2	2	13
Bacon Cheeseburger	per slice / 8 slices total	128g	320	120	13	7	0.0	30	890	35	2	3	16
Hawaiian	per slice / 8 slices total	126g	300	100	11	5	0.0	20	650	34	1	3	15
Sausage, Cheese & Bacon Omelet	per slice / 8 slices total	129g	350	150	17	8	0.0	85	730	32	1	2	17
Denver Omelet	per slice / 8 slices total	145g	370	160	17	8	0.0	85	760	33	1	2	18
Ham, Cheese & Bacon Omelet	per slice / 8 slices total	123g	330	130	14	7	0.0	80	690	32	1	2	17
Garlic Chicken	per slice / 8 slices total	123g	300	110	12	6	0.0	30	640	31	1	1	17
Mighty 7 Meat	per slice / 8 slices total	131g	330	130	14	6	0.0	30	820	33	2	2	17
Value Large Pizza - Disk													
Cheese	per slice / 8 slices total	94g	240	70	8	3	1.0	10	380	31	1	2	10
Pepperoni	per slice / 8 slices total	98g	260	90	10	3.5	1.0	15	460	31	1	2	11
Italian Sausage	per slice / 8 slices total	99g	250	80	9	3.5	1.0	15	450	31	1	2	11
Canadian Bacon	per slice / 8 slices total	98g	240	70	8	3	1.0	15	450	31	1	2	11
Beef	per slice / 8 slices total	99g	240	80	8	3	1.0	15	470	31	1	2	11
Pork	per slice / 8 slices total	99g	250	80	9	3.5	1.0	15	450	31	1	2	11
Double Pepperoni	per slice / 8 slices total	102g	270	100	12	4.5	1.0	20	530	31	1	2	11
All Meat	per slice / 8 slices total	102g	260	90	10	3.5	1.0	15	510	31	1	2	11
Masterpiece Supreme®	per slice / 8 slices total	110g	260	90	10	3.5	1.0	15	540	31	1	2	11
Bacon Cheeseburger	per slice / 8 slices total	107g	270	90	10	4	1.0	20	60	32	1	3	12
Hawaiian	per slice / 8 slices total	106g	250	70	8	3	1.0	15	480	32	1	3	11
Sausage, Cheese & Bacon Omelet	per slice / 8 slices total	98g	270	100	11	4	1.0	45	460	30	1	2	12
Denver Omelet	per slice / 8 slices total	104g	270	100	11	4	1.0	45	470	30	1	2	12
Country Style Gravy-Sausage & Egg	per slice / 8 slices total	106g	270	100	11	4	1.0	40	500	30	1	2	11
Mac & Cheese	per slice / 8 slices total	116g	270	80	9	4	1.0	15	500	35	1	2	10
Beer Cheese & Brat	per slice / 8 slices total	106g	290	120	13	5	1.0	25	610	31	<1	2	12
Value Large Thin Pizza - Disk													
Cheese	per slice / 8 slices total	73g	180	60	7	2	0.0	10	330	20	1	1	9
Pepperoni	per slice / 8 slices total	77g	200	70	8	3	0.0	15	410	20	1	1	10



Menu Items	Serving Size	grams	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Ttl Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Italian Sausage	per slice / 8 slices total	72g	180	70	7	2.5	0.0	10	370	19	1	1	9
Canadian Bacon	per slice / 8 slices total	77g	180	60	7	2	0.0	10	400	20	1	1	10
Beef	per slice / 8 slices total	79g	190	60	7	2.5	0.0	10	430	21	1	1	10
Pork	per slice / 8 slices total	79g	190	70	8	2.5	0.0	10	400	21	1	2	10
Double Pepperoni	per slice / 8 slices total	81g	220	90	10	3.5	0.0	20	480	20	1	1	11
All Meat	per slice / 8 slices total	82g	200	70	8	3	0.0	15	470	21	1	1	11
Masterpiece Supreme®	per slice / 8 slices total	90g	210	80	9	3	0.0	15	490	21	2	2	11
Bacon Cheeseburger	per slice / 8 slices total	87g	210	80	8	3	0.0	20	630	33	1	3	11
Hawaiian	per slice / 8 slices total	82g	190	60	7	2	0.0	15	410	21	1	2	10
Sausage, Cheese & Bacon Omelet	per slice / 8 slices total	78g	210	90	10	3.5	0.0	45	420	20	1	<1	11
Denver Omelet	per slice / 8 slices total	84g	210	90	10	3.5	0.0	45	430	20	1	1	11
Value Large Pizza - Parbake													
Cheese	per slice / 8 slices total	99g	250	70	8	4	0.0	10	440	33	1	2	10
Pepperoni	per slice / 8 slices total	103g	270	90	10	4.5	0.0	15	510	33	1	2	11
Italian Sausage	per slice / 8 slices total	105g	270	90	10	4.5	0.0	15	510	33	1	2	11
Canadian Bacon	per slice / 8 slices total	103g	250	70	8	4	0.0	10	510	33	1	2	11
Beef	per slice / 8 slices total	105g	260	80	9	4	0.0	15	530	33	1	2	11
Pork	per slice / 8 slices total	105g	260	80	9	4.5	0.0	10	510	33	1	2	11
Double Pepperoni	per slice / 8 slices total	107g	290	100	12	5	0.0	20	590	33	1	2	11
All Meat	per slice / 8 slices total	107g	270	90	10	4.5	0.0	15	570	33	1	2	11
Masterpiece Supreme®	per slice / 8 slices total	115g	270	90	10	4.5	0.0	15	590	34	2	2	11
Bacon Cheeseburger	per slice / 8 slices total	109g	270	90	10	4.5	0.0	15	710	34	1	3	12
Hawaiian	per slice / 8 slices total	108g	260	70	8	4	0.0	15	520	34	1	3	11
Sausage, Cheese & Bacon Omelet	per slice / 8 slices total	103g	280	100	11	5	0.0	45	520	32	1	1	12
Denver Omelet	per slice / 8 slices total	110g	280	100	11	5	0.0	45	530	32	1	2	12
Medium Pizza - Dough													
Cheese	per slice / 8 slices total	109g	260	80	9	4	0.0	20	550	30	1	2	13
Pepperoni	per slice / 8 slices total	116g	290	110	12	5	0.0	25	670	30	1	2	15
Italian Sausage	per slice / 8 slices total	126g	310	120	13	6	0.0	30	760	31	2	2	16
Canadian Bacon	per slice / 8 slices total	117g	270	80	9	4	0.0	25	690	30	1	2	15
Beef	per slice / 8 slices total	126g	290	90	10	4.5	0.0	25	820	31	2	2	16
Pork	per slice / 8 slices total	126g	300	110	12	5	0.0	25	750	31	2	2	16
Double Pepperoni	per slice / 8 slices total	122g	320	130	15	6	0.0	30	790	30	1	2	16
All Meat	per slice / 8 slices total	127g	300	110	12	5	0.0	30	810	31	2	2	16
Masterpiece Supreme®	per slice / 8 slices total	137g	310	120	13	5	0.0	30	850	32	2	2	16
Garden Style	per slice / 8 slices total	137g	280	100	11	4	0.0	20	810	32	2	2	14
Hawaiian	per slice / 8 slices total	126g	270	80	9	4	0.0	25	690	32	1	3	15
Sausage, Cheese & Bacon Omelet	per slice / 8 slices total	124g	330	140	15	6	0.0	85	780	29	1	1	18
Denver Omelet	per slice / 8 slices total	136g	330	140	15	6	0.0	85	800	30	1	2	18
Garlic Chicken	per slice / 8 slices total	112g	260	80	9	4	0.0	30	630	28	1	<1	16
Bacon Cheeseburger	per slice / 8 slices total	131g	300	110	12	5	0.0	30	950	31	2	2	17
Ham, Cheese & Bacon Omelet	per slice / 8 slices total	118g	300	110	12	5	0.0	80	760	29	1	1	17
Country Style Gravy-Sausage & Egg	per slice / 8 slices total	112g	260	90	10	4	0.0	40	610	28	1	1	12
Mac & Cheese	per slice / 8 slices total	113g	250	70	8	4	0.0	20	570	33	1	2	11
Beer Cheese & Brat	per slice / 8 slices total	111g	300	120	13	6	0.0	30	770	30	<1	2	14
Spicy Chipotle	per slice / 8 slices total	132g	290	160	17	8	0.0	50	830	16	1	12	16
Medium Pizza - Parbake													
Cheese	per slice / 8 slices total	95g	230	90	10	5	0.0	20	450	23	1	2	12
Pepperoni	per slice / 8 slices total	101g	260	110	13	6	0.0	25	570	25	1	2	13
Italian Sausage	per slice / 8 slices total	112g	290	130	15	7	0.0	30	670	24	1	2	15
Canadian Bacon	per slice / 8 slices total	103g	240	90	10	5	0.0	25	590	25	1	2	14
Beef	per slice / 8 slices total	112g	260	100	12	6	0.0	25	730	25	2	2	15
Pork	per slice / 8 slices total	112g	270	120	13	6	0.0	25	650	24	2	2	15
Double Pepperoni	per slice / 8 slices total	108g	300	140	16	7	0.0	30	690	24	1	2	15
All Meat	per slice / 8 slices total	113g	280	120	13	6	0.0	30	710	24	1	2	15
Masterpiece Supreme®	per slice / 8 slices total	123g	290	120	14	6	0.0	25	750	25	2	2	15
Garden Style	per slice / 8 slices total	123g	260	110	12	5	0.0	20	720	25	1	2	12
Hawaiian	per slice / 8 slices total	112g	250	90	10	5	0.0	25	600	25	1	3	14
Sausage, Cheese & Bacon Omelet	per slice / 8 slices total	110g	300	150	16	7	0.0	85	680	22	<1	1	16
Denver Omelet	per slice / 8 slices total	122g	310	150	16	7	0.0	85	700	23	1	2	16
Ham, Cheese & Bacon Omelet	per slice / 8 slices total	104g	270	120	13	6	0.0	80	660	22	<1	1	16
Bacon Cheeseburger	per slice / 8 slices total	121g	290	120	13	7	0.0	35	990	26	2	4	17
Mac & Cheese	per slice / 8 slices total	96g	210	70	8	4	0.0	15	450	26	1	2	9
Beer Cheese & Brat	per slice / 8 slices total	86g	240	110	12	6	0.0	25	570	22	<1	2	10
Spicy Chipotle	per slice / 8 slices total	83g	220	80	8	4	0.0	15	480	26	<1	5	9
Medium Value Pizza - Parbake													
Cheese	per slice / 8 slices total	74g	180	60	7	3.5	0.0	10	340	22	<1	2	8
Pepperoni	per slice / 8 slices total	78g	200	80	8	4	0.0	15	410	22	<1	2	9
Italian Sausage	per slice / 8 slices total	80g	200	70	8	4	0.0	15	410	22	1	2	9
Canadian Bacon	per slice / 8 slices total	78g	190	60	7	3.5	0.0	10	410	22	<1	2	9
Beef	per slice / 8 slices total	80g	190	70	7	3.5	0.0	15	430	22	1	2	9
Pork	per slice / 8 slices total	80g	200	70	8	3.5	0.0	10	410	22	1	2	9
Double Pepperoni	per slice / 8 slices total	82g	220	90	10	4.5	0.0	20	480	22	<1	2	10
All Meat	per slice / 8 slices total	83g	210	80	8	4	0.0	15	470	22	1	2	10
Masterpiece Supreme®	per slice / 8 slices total	90g	210	80	9	4	0.0	15	490	23	1	2	10
Bacon Cheeseburger	per slice / 8 slices total	84g	210	70	8	4	0.0	15	570	23	1	3	10
Hawaiian	per slice / 8 slices total	83g	190	60	7	3.5	0.0	15	420	23	<1	2	9
Sausage, Cheese & Bacon Omelet	per slice / 8 slices total	78g	210	90	10	4.5	0.0	45	420	21	<1	<1	10
Denver Omelet	per slice / 8 slices total	85g	220	90	10	4.5	0.0	45	430	21	<1	1	10



Menu Items	Serving Size	grams	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Ttl Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Medium Thin Pizza - Disk													
Cheese	per slice / 8 slices total	63g	150	50	6	2	0.0	10	280	15	1	1	8
Pepperoni	per slice / 8 slices total	67g	170	70	8	3	0.0	15	370	16	1	1	9
Italian Sausage	per slice / 8 slices total	68g	170	70	8	2.5	0.0	15	360	16	1	1	9
Canadian Bacon	per slice / 8 slices total	67g	160	60	6	2	0.0	10	360	16	1	1	9
Beef	per slice / 8 slices total	68g	160	60	7	2.5	0.0	10	380	16	1	1	9
Pork	per slice / 8 slices total	68g	160	60	7	2.5	0.0	10	360	16	1	1	9
Double Pepperoni	per slice / 8 slices total	71g	190	90	10	3.5	0.0	20	440	16	1	1	10
All Meat	per slice / 8 slices total	71g	170	70	8	3	0.0	15	420	16	1	1	10
Masterpiece Supreme®	per slice / 8 slices total	79g	180	70	8	3	0.0	15	450	17	1	2	10
Bacon Cheeseburger	per slice / 8 slices total	75g	180	70	7	3	0.0	15	560	18	1	3	10
Hawaiian	per slice / 8 slices total	72g	160	0	6	2	0.0	15	370	17	1	2	9
Sausage, Cheese & Bacon Omelet	per slice / 8 slices total	67g	180	80	8	3	0.0	40	360	15	<1	<1	10
Denver Omelet	per slice / 8 slices total	73g	180	80	8	3	0.0	40	370	15	<1	<1	10
FY 18 Q1 Promotional Products													
Fiesta PSPP Pizza	1 pizza	265g	700	280	31	15	0.5	60	1360	74	4	5	28
Fiesta Personal Handcrafted Pizza	1 pizza	265g	700	280	31	15	0.5	60	1360	74	4	5	28
Fiesta SPSP Pizza	1 pizza	394g	1040	420	47	22	1.0	90	2020	110	6	7	42
Fiesta MVP Pizza	per slice / 8 slices total	90g	230	90	10	5	0.0	20	490	25	1	2	9
Fiesta Medium Classic Pizza	per slice / 8 slices total	124g	300	100	12	5	0.0	25	710	35	2	2	13
Fiesta Premium Pizza	per slice / 8 slices total	125g	330	130	14	6	1.0	25	620	37	2	2	13
Fiesta Thin Premium Pizza	per slice / 8 slices total	104g	270	110	12	4.5	0.0	25	570	27	2	2	12
Fiesta Classic Pizza	per slice / 8 slices total	161g	400	140	16	6	0.0	30	940	46	2	2	16
Fiesta Value Pizza	per slice / 8 slices total	110g	290	100	12	4.5	1.0	20	530	34	2	2	11
Fiesta Rice Cup	1	227g	350	150	17	6	0.0	25	1430	39	3	4	9
Hearty Breakfast Bowl	1	235g	430	230	26	10	0.0	140	1670	26	3	4	19
Original Breakfast Burrito Bowl	1	236g	480	300	33	12	0.0	240	1970	22	1	4	21
Authentic Burrito Bowl	1	249g	360	140	16	6	0.5	25	1520	39	4	5	13
Combo Pizza Bites	1	128g	320	120	14	4	0.0	10	680	42	3	3	9
FY 17 Q4 Promotional Products													
Mac & Cheese Side	1	204g	270	90	10	6	0.0	30	1020	33	2	4	12
Mac & Cheese Snack Roll	1	92g	210	55	6	3	0.0	10	440	27	2	2	8
Mac & Cheese Full Roll	1	184g	420	110	12	6	0.0	20	870	58	4	4	17
FY 17 Q3 Promotional Products													
Italian Sausage & Pepperoni Snack Roll	1	86g	250	100	12	4.5	0	20	650	26	2	2	10
Italian Sausage & Pepperoni Full Roll	1	172g	500	200	23	9	0.0	40	1300	52	4	4	20
FY 17 Q2 Promotional Products													
Brownie Bites (8)	1	156g	630	240	27	7	1.5	65	380	88	4	48	8
Green Chili Beef & Bean Burrito	1	213g	570	290	32	11	0.0	50	1240	49	6	5	20
Premade Sandwiches													
Italian Combo	1	211g	710	290	32	13	0.0	65	2050	71	5	7	28
Ham & Turkey	1	246g	550	110	12	5	0.0	60	1860	72	5	8	33
Turkey & Pepperjack	1	252g	580	140	16	7	0.0	70	1570	71	5	7	36
Ham & Cheese	1	246g	550	110	13	5	0.0	55	2110	73	5	9	32
Half Sub - White Dough													
Values include half white sub roll, lettuce, tomatoes, green peppers, onions, and cheese.													
Turkey	1	221g	330	60	6	3.5	0.0	35	1100	44	3	7	22
Ham	1	221g	340	70	8	4	0.0	35	1290	45	3	8	21
Roast Beef	1	221g	350	70	8	4	0.0	40	1130	45	3	6	22
Club Combo	1	259g	370	70	8	4	0.0	55	1550	46	3	8	28
Cold Cut Combo	1	243g	490	200	22	9	0.0	80	1650	48	3	9	22
Italian Combo	1	208 g	450	180	20	8	0.0	50	1430	44	3	6	19
Veggie	1	165g	280	60	6	3.5	0.0	15	630	43	3	6	11
Seafood	1	250g	430	130	15	4.5	0.0	25	1180	56	3	12	15
Tuna	1	250g	430	130	14	4.5	0.0	55	1120	46	3	9	25
Chicken Salad	1	266g	410	110	13	4	0.0	35	1610	50	3	9	20
Hawaiian Chicken Salad	1	265g	430	140	15	4.5	0.0	35	1460	52	3	12	18
Taco	1	250g	410	130	14	7	0.0	40	1080	48	4	9	20
Meatball	1	312 g	520	180	21	8	0.5	55	1640	58	6	14	26
BLT	1	185 g	360	105	12	5.5	0.0	32.5	865	43	3	6	18
Steak & Cheese (mix)	1	250g	450	150	17	7	0.0	55	1195	47	3	7	24
Ham & Cheese (mix)	1	236g	340	65	8	2.5	0.0	15	1745	49	3	8	16
Chicken Filet	1	263g	380	70	8	4	0.0	77.5	1245	45	4	6	32
BBQ Beef	1	250g	430	90	10	5	0.3	37.5	1085	63	3	25	19
BBQ Chicken	1	250g	430	85	10	4.5	0.0	42.5	1110	63	3	25	20
Meatball - BBQ	1	312g	520	155	18	8	0.5	57.5	1975	65	5	20	25
Buffalo Chicken- LTO	1	247g	400	95	11	4.5	0.3	65	1650	46	3	7	28
Philly Steak - LTO	1	268g	450	145	16	7.5	0.0	60	1695	47	4	10	26
Chicken Bacon Garlic Ranch	1	250g	380	80	9	4	0.0	65	1370	45	3	7	28
Sausage Egg Cheese	1	275g	700	380	43	15	0.0	295	1740	48	2	8	30
Everything Breakfast	1	339g	820	450	50	15	0.0	190	2100	65	4	8	28
Bacon, Egg, Cheese	1	208g	440	150	16	7	0.0	240	1130	44	2	6	25
Turkey & Bacon Club	1	173g	370	90	10	4.5	0.0	50	1240	42	2	5	26
Pizza Sub	1	175g	450	170	19	8	0.0	40	1280	48	3	8	19
Whole Sub - White Dough													
Values include whole white sub roll, lettuce, tomatoes, green peppers, onions, and cheese.													
Turkey	1	439g	650	110	12	7	0.0	75	2190	87	5	14	43
Ham	1	439g	670	140	15	8	0.0	75	2560	89	5	16	41
Roast Beef	1	439g	690	140	15	8	0.0	85	2250	89	5	12	43
Club Combo	1	517g	750	140	15	8	0.0	110	3100	91	5	16	57
Cold Cut Combo	1	486g	980	400	44	19	0.0	160	3300	96	6	17	44
Italian Combo	1	415g	890	360	40	17	0.0	100	2850	89	5	12	39
Veggie	1	330g	560	110	12	7	0.0	25	1260	86	5	12	22



Menu Items	Serving Size	grams	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Ttl Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Seafood	1	500g	850	260	29	9	0.0	50	2350	112	5	24	30
Tuna	1	500g	850	260	29	9	0.0	105	2230	92	5	19	49
Chicken Salad	1	532g	820	220	26	8	0.0	70	3220	100	6	18	40
Hawaiian Chicken Salad	1	529g	850	270	30	9	0.0	75	2910	104	6	24	36
Taco	1	500g	810	250	28	13	0.0	80	2170	97	8	17	41
Meatball	1	623g	1040	360	41	16	1.0	110	3280	115	11	27	52
BLT	1	369g	720	210	24	11	0.0	65	1730	86	5	12	36
Steak & Cheese (mix)	1	500g	890	300	34	14	0.0	110	2390	93	5	14	48
Ham & Cheese (mix)	1	472g	670	130	15	5	0.0	30	3490	98	5	15	31
Chicken Filet	1	526g	760	140	16	8	0.0	155	2490	89	7	12	64
BBQ Beef	1	500g	860	180	20	10	0.5	75	2170	125	6	49	38
BBQ Chicken	1	500g	850	170	19	9	0.0	85	2220	125	6	49	40
Meatball - BBQ	1	623g	1040	310	35	16	1.0	115	3950	130	9	40	49
Buffalo Chicken- LTO	1	494g	790	190	21	9	0.5	130	3300	92	6	13	56
Philly Steak - LTO	1	536g	900	290	32	15	0.0	120	3390	94	7	19	52
Chicken Bacon Garlic Ranch	1	499g	760	160	17	8	0.0	130	2740	89	6	13	56
Sausage Egg Cheese	1	550g	1400	760	86	30	0.0	590	3480	96	4	16	60
Everything Breakfast	1	678g	1640	900	100	30	0.0	380	4200	130	8	16	56
Bacon, Egg, Cheese	1	416g	880	300	32	14	0.0	480	2260	88	4	12	50
Turkey & Bacon Club	1	346g	740	180	20	9	0.0	100	2480	84	4	10	52
Pizza Sub	1	350g	900	340	38	16	0.0	80	2560	96	6	16	38
Half Sub - Wheat Dough	Values include half wheat sub roll, lettuce, tomatoes, green peppers, onions, and cheese.												
Turkey	1	223g	330	65	7	2.5	0.0	37.5	1110	43	5	7	24
Ham	1	238g	340	75	9	1.5	0.0	15	1755	48	5	8	18
Roast Beef	1	223g	350	80	9	3	0.0	42.5	1140	44	5	6	24
Club Combo	1	260g	375	80	9	3	0.0	55	1560	44	5	8	31
Cold Cut Combo	1	245g	500	210	23	8.5	0.0	80	1655	47	5	9	24
Italian Combo	1	209g	450	185	21	7.5	0.0	50	1435	43	5	6	22
Veggie	1	167g	280	65	7	2.5	0.0	12.5	635	42	5	6	13
Seafood	1	252g	430	140	16	3.5	0.0	25	1180	55	5	12	17
Tuna	1	252g	430	90	16	3.5	0.0	52.5	1125	45	5	10	27
Chicken Salad	1	266g	410	120	14	3	0.0	35	1610	48	5	9	22
Hawaiian Chicken Salad	1	266g	430	145	16	3.5	0.0	37.5	1460	51	5	13	21
Taco	1	252g	410	135	15	5.5	0.0	40	1090	47	6	9	23
Meatball	1	313g	530	190	22	7	0.5	57.5	1645	56	8	14	28
BLT	1	186g	370	115	13	4.5	0.0	32.5	870	42	5	6	20
Steak & Cheese (mix)	1	252g	450	160	18	6	0.0	55	1200	46	5	7	26
Ham & Cheese (mix)	1	238g	340	75	9	1.5	0.0	15	1755	48	5	8	18
Chicken Filet	1	265g	390	80	9	3	0.0	77.5	1255	43	6	6	34
BBQ Beef	1	252g	430	100	11	4	0.3	37.5	1090	61	6	25	22
BBQ Chicken	1	252g	430	95	11	3.5	0.0	42.5	1115	61	6	25	22
Meatball - BBQ	1	313g	530	165	19	7	0.5	57.5	1985	64	7	20	27
Buffalo Chicken- LTO	1	249g	400	105	12	4	0.3	65	1655	45	5	6.5	30
Philly Steak - LTO	1	271g	460	155	17	6.5	0.0	60	1705	46	6	10	29
Chicken Bacon Garlic Ranch	1	251g	390	85	10	3	0.0	65	1375	43	5	7	31
Sausage Egg Cheese	1	275g	700	390	44	14	0.0	295	1740	46	4	8	32
Everything Breakfast	1	339g	820	460	51	14	0.0	190	2100	63	6	8	30
Bacon, Egg, Cheese	1	208g	440	160	17	6	0.0	240	1130	42	4	6	27
Turkey & Bacon Club	1	173g	370	100	11	3.5	0.0	50	1240	40	4	5	28
Pizza Sub	1	175g	450	180	20	7	0.0	40	1280	46	5	8	21
Whole Sub - Wheat Dough	Values include whole wheat sub roll, lettuce, tomatoes, green peppers, onions, and cheese.												
Turkey	1	445g	660	130	14	5	0.0	75	2220	85	10	14	48
Ham	1	475g	680	150	17	3	0.0	30	3510	95	10	16	36
Roast Beef	1	445g	700	160	17	6	0.0	85	2280	87	10	12	48
Club Combo	1	520g	750	160	17	6	0.0	110	3120	88	10	16	61
Cold Cut Combo	1	489g	990	420	46	17	0.0	160	3310	93	10	17	48
Italian Combo	1	418g	900	370	42	15	0.0	100	2870	86	10	12	43
Veggie	1	333g	560	130	14	5	0.0	25	1270	83	10	12	26
Seafood	1	503g	860	280	31	7	0.0	50	2360	109	10	24	34
Tuna	1	503g	860	180	31	7	0.0	105	2250	90	10	19	54
Chicken Salad	1	532g	820	240	28	6	0.0	70	3220	96	10	18	44
Hawaiian Chicken Salad	1	532g	860	290	32	7	0.0	75	2920	101	10	25	41
Taco	1	503g	820	270	30	11	0.0	80	2180	94	12	17	45
Meatball	1	626g	1050	380	43	14	1.0	115	3290	112	15	27	56
BLT	1	372g	730	230	26	9	0.0	65	1740	83	10	12	40
Steak & Cheese (mix)	1	503g	900	320	36	12	0.0	110	2400	91	10	14	52
Ham & Cheese (mix)	1	475g	680	150	17	3	0.0	30	3510	95	10	16	36
Chicken Filet	1	529g	770	160	18	6	0.0	155	2510	86	11	12	68
BBQ Beef	1	503g	860	200	22	8	0.5	75	2180	122	11	49	43
BBQ Chicken	1	503g	860	190	21	7	0.0	85	2230	122	11	49	44
Meatball - BBQ	1	626g	1050	330	37	14	1.0	115	3970	127	13	40	53
Buffalo Chicken- LTO	1	497g	800	210	23	8	0.5	130	3310	89	10	13	60
Philly Steak - LTO	1	542g	910	310	34	13	0.0	120	3410	92	11	19	57
Chicken Bacon Garlic Ranch	1	502g	770	170	19	6	0.0	130	2750	86	10	13	61
Sausage Egg Cheese	1	550g	1400	780	88	28	0.0	590	3480	92	8	16	64
Everything Breakfast	1	678g	1640	920	102	28	0.0	380	4200	126	12	16	60
Bacon, Egg, Cheese	1	416g	880	320	34	12	0.0	480	2260	84	8	12	54
Turkey & Bacon Club	1	346g	740	200	22	7	0.0	100	2480	80	8	10	56
Pizza Sub	1	350g	900	360	40	14	0.0	80	2560	92	10	16	42
Half Sub - White Prebaked	Values include half white sub roll, lettuce, tomatoes, green peppers, onions, and cheese.												
Turkey	1	230g	390	75	8	2.5	0.0	37.5	1245	54	3	7	24
Ham	1	230g	400	85	10	3	0.0	37.5	1435	55	3	8	23



Menu Items	Serving Size	grams	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Ttl Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Roast Beef	1	230g	410	85	10	3	0.0	42.5	1275	55	3	6	24
Club Combo	1	267g	440	85	10	3	0.0	55	1695	56	3	8	31
Cold Cut Combo	1	252g	550	75	24	8.5	0.0	80	1790	58	3	9	24
Italian Combo	1	216g	510	195	22	7.5	0.0	50	1570	55	3	6	22
Veggie	1	174g	340	75	8	2.5	0.0	12.5	770	53	3	6	13
Seafood	1	259g	490	150	17	3.5	0.0	25	1315	66	3	12	17
Tuna	1	259g	490	145	17	3.5	0.0	52.5	1260	57	3	10	27
Chicken Salad	1	275g	470	130	15	3	0.0	35	1750	61	3	9	23
Hawaiian Chicken Salad	1	273g	490	155	17	3.5	0.0	37.5	1595	62	3	12	20
Taco	1	259g	470	145	16	5.5	0.0	40	1225	58.5	4	8.5	22.5
Meatball	1	320g	580	200	22	7	0.5	55	1780	68	6	14	28
BLT	1	193g	420	125	14	4.5	0.0	32.5	1005	53	3	6	20
Steak & Cheese (mix)	1	259g	500	170	19	6	0.0	55	1335	57	3	7	26
Ham & Cheese (mix)	1	245g	400	85	10	1.5	0.0	15	1890	59	3	8	18
Chicken Filet	1	272g	450	90	10	3	0.0	77.5	1385	55	4	6	34
BBQ Beef	1	259g	490	110	12	4	0.0	37.5	1225	73	3	25	21
BBQ Chicken	1	259g	490	105	12	3.5	0.0	42.5	1250	73	3	25	22
Meatball - BBQ	1	320g	565	175	19.5	7	0.5	57.5	2115	75	5	20	27
Buffalo Chicken- LTO	1	256g	460	110	13	4	0.5	65	1790	56	3	7	30
Philly Steak - LTO	1	278g	510	160	18	6.5	0.0	60	1840	58	4	10	29
Chicken Bacon Garlic Ranch	1	272g	470	100	11	3	0.0	67.5	1595	58	3	7	32
Turkey & Bacon Club	1	178g	420	100	11	3.5	0.0	50	1360	50	2	5	27
Sausage, Egg, Cheese	1	280g	750	400	44	14	0.0	290	1860	57	2	8	32
Everything Breakfast	1	344g	880	470	52	14	0.0	190	2220	74	4	7	30
Bacon, Egg, Cheese	1	213g	490	160	18	6	0.0	240	1250	53	2	6	27
Pizza Sub	1	180g	500	190	21	7	0.0	40	1400	56	3	8	21
Whole Sub - White Prebaked	Values include whole white sub roll, lettuce, tomatoes, green peppers, onions, and cheese.												
Turkey	1	460g	780	150	16	5	0.0	75	2490	108	6	14	48
Ham	1	460g	800	170	19	6	0.0	75	2870	110	6	16	46
Roast Beef	1	460g	820	170	19	6	0.0	85	2550	110	6	12	48
Club Combo	1	534g	870	170	19	6	0.0	110	3390	111	6	16	61
Cold Cut Combo	1	503g	1100	150	48	17	0.0	160	3580	116	6	17	48
Italian Combo	1	432g	1010	390	44	15	0.0	100	3140	109	6	12	43
Veggie	1	347g	680	150	16	5	0.0	25	1540	106	6	12	26
Seafood	1	517g	970	300	33	7	0.0	50	2630	132	6	24	34
Tuna	1	517g	980	290	33	7	0.0	105	2520	113	6	19	54
Chicken Salad	1	550g	940	260	30	6	0.0	70	3500	122	6	18	46
Hawaiian Chicken Salad	1	546g	980	310	34	7	0.0	75	3190	124	6	24	40
Taco	1	517g	930	290	32	11	0.0	80	2450	117	8	17	45
Meatball	1	640g	1160	400	44	14	1.0	110	3560	135	11	27	56
BLT	1	386g	840	250	28	9	0.0	65	2010	106	6	12	40
Steak & Cheese (mix)	1	517g	1010	340	38	12	0.0	110	2670	114	6	14	52
Ham & Cheese (mix)	1	489g	790	170	19	3	0.0	30	3780	118	6	16	36
Chicken Filet	1	543g	890	180	20	6	0.0	155	2770	109	7	12	68
BBQ Beef	1	517g	980	220	24	8	0.0	75	2450	145	6	49	42
BBQ Chicken	1	517g	970	210	23	7	0.0	85	2500	145	6	49	44
Meatball - BBQ	1	640g	1160	350	39	14	1.0	115	4230	150	9	40	53
Buffalo Chicken- LTO	1	511g	910	220	25	8	1.0	130	3580	112	6	13	60
Philly Steak - LTO	1	555g	1020	320	36	13	0.0	120	3680	115	7	19	57
Chicken Bacon Garlic Ranch	1	544g	930	200	22	6	0.0	135	3190	115	6	13	64
Turkey & Bacon Club	1	356g	840	200	22	7	0.0	100	2720	100	4	10	54
Sausage, Egg, Cheese	1	560g	1500	800	88	28	0.0	580	3720	114	4	16	64
Everything Breakfast	1	688g	1760	940	104	28	0.0	380	4440	148	8	14	60
Bacon, Egg, Cheese	1	426g	980	320	36	12	0.0	480	2500	106	4	12	54
Pizza Sub	1	360g	1000	380	42	14	0.0	80	2800	112	6	16	42
Half Sub - Wheat Prebaked	Values include half white sub roll, lettuce, tomatoes, green peppers, onions, and cheese.												
Turkey	1	230g	370	75	8	2.5	0.0	37.5	1265	50	5	5	24
Ham	1	230g	380	85	10	3	0.0	37.5	1455	51	5	6	23
Roast Beef	1	230g	390	85	10	3	0.0	42.5	1295	51	5	4	24
Club Combo	1	267g	420	85	10	3	0.0	55	1715	52	5	6	31
Cold Cut Combo	1	252g	530	220	24	8.5	0.0	80	1810	54	5	7	24
Italian Combo	1	216g	490	195	22	7.5	0.0	50	1590	51	5	4	22
Veggie	1	174g	320	75	8	2.5	0.0	12.5	790	49	5	4	13
Seafood	1	259g	470	150	17	3.5	0.0	25	1335	62	5	10	17
Tuna	1	259g	470	145	17	3.5	0.0	52.5	1280	53	5	8	27
Chicken Salad	1	275g	450	130	15	3	0.0	35	1770	57	5	7	23
Hawaiian Chicken Salad	1	273g	470	155	17	3.5	0.0	37.5	1615	58	5	10	20
Taco	1	259g	450	145	16	5.5	0.0	40	1245	55	6	7	23
Meatball	1	320g	560	200	22	7	0.5	55	1800	63.5	7.5	11.5	28
BLT	1	193g	400	250	28	9	0	65	2050	98	9	8	40
Steak & Cheese (mix)	1	259g	490	170	19	6	0.0	55	1355	53	5	5	26
Ham & Cheese (mix)	1	245g	380	85	10	1.5	0.0	15	1910	55	5	6	18
Chicken Filet	1	272g	430	90	10	3	0.0	77.5	1405	50.5	5.5	4	34
BBQ Beef	1	259g	470	110	12	4	0.0	37.5	1245	69	5	23	21
BBQ Chicken	1	259g	470	105	12	3.5	0.0	42.5	1270	69	5	23	22
Meatball - BBQ	1	320g	565	175	20	7	0.5	57.5	2135	71	7	18	27
Buffalo Chicken- LTO	1	256g	440	110	13	4	0.3	65	1810	52	5	5	30
Philly Steak - LTO	1	278g	490	160	18	6.5	0.0	60	1860	54	6	8	29
Chicken Bacon Garlic Ranch	1	272g	450	100	11	3	0.0	67.5	1615	54	5	5	32
Sausage, Egg, Cheese	1	281g	730	400	45	14	0.0	295	1890	53	4	6	32
Everything Breakfast	1	344g	860	470	52	14	0.0	190	2240	70	6	6	30
Bacon, Egg, Cheese	1	213g	470	160	18	6	0.0	240	1270	49	4	4	27



Menu Items	Serving Size	grams	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Turkey & Bacon Club	1	178g	400	100	11	3.5	0.0	50	1380	46	4	3	27
Pizza Sub	1	180g	480	190	21	7	0.0	40	1420	53	5	6	21
Whole Sub - Wheat Prebaked	Values include whole wheat sub roll, lettuce, tomatoes, green peppers, onions, and cheese.												
Turkey	1	460g	740	150	16	5	0.0	75	2530	100	10	10	48
Ham	1	460g	760	170	19	6	0.0	75	2910	102	10	12	46
Roast Beef	1	460g	780	170	19	6	0.0	85	2590	102	10	8	48
Club Combo	1	534g	830	170	19	6	0.0	110	3430	103	9	12	61
Cold Cut Combo	1	503g	1060	440	48	17	0.0	160	3620	108	9	13	48
Italian Combo	1	432g	970	390	44	15	0.0	100	3180	101	9	8	43
Veggie	1	347g	640	150	16	5	0.0	25	1580	98	9	8	26
Seafood	1	517g	930	300	33	7	0.0	50	2670	124	9	20	34
Tuna	1	517g	940	290	33	7	0.0	105	2560	105	9	15	54
Chicken Salad	1	550g	900	260	30	6	0.0	70	3540	114	10	14	46
Hawaiian Chicken Salad	1	546g	940	310	34	7	0.0	75	3230	116	10	20	40
Taco	1	517g	890	290	32	11	0.0	80	2490	109	12	13	45
Meatball	1	640g	1120	400	44	14	1.0	110	3600	127	15	23	56
BLT	1	386g	800	250	28	9	0.0	65	2050	98	9	8	40
Steak & Cheese (mix)	1	517g	970	340	38	12	0.0	110	2710	106	9	10	52
Ham & Cheese (mix)	1	489g	750	170	19	3	0.0	30	3820	110	9	12	36
Chicken Filet	1	543g	850	180	20	6	0.0	155	2810	101	11	8	68
BBQ Beef	1	517g	940	220	24	8	0.0	75	2490	137	10	45	42
BBQ Chicken	1	517g	940	210	23	7	0.0	85	2540	137	10	45	44
Meatball - BBQ	1	640g	1130	350	39	14	1.0	115	4270	142	13	36	53
Buffalo Chicken- LTO	1	511g	870	220	25	8	0.5	130	3620	104	10	9	60
Philly Steak - LTO	1	555g	980	320	36	13	0.0	120	3720	107	11	15	57
Chicken Bacon Garlic Ranch	1	544g	890	200	22	6	0.0	135	3230	107	10	9	64
Sausage, Egg, Cheese	1	562g	1460	800	90	28	0.0	590	3780	106	8	12	64
Everything Breakfast	1	688g	1720	940	104	28	0.0	380	4480	140	12	12	60
Bacon, Egg, Cheese	1	426g	940	320	36	12	0.0	480	2540	98	8	8	54
Turkey & Bacon Club	1	356g	800	200	22	7	0.0	100	2760	92	8	6	54
Pizza Sub	1	360g	960	380	42	14	0.0	80	2840	106	10	12	42
Phat Burrito's Medium	Values include tortilla, lettuce, tomatoes, onions and rice, beans, cheese and jalapeno sauce. (except breakfast items)												
Beef	1	318g	500	140	16	6	0.0	35	1580	68	7	5	23
Chicken	1	318g	490	120	13	4.5	0.0	45	1710	68	7	5	24
Rice & Bean	1	275g	440	110	12	4.5	0.0	15	1270	67	7	5	14
Breakfast	1	184g	470	210	23	7	0.0	150	1360	43	4	4	20
Taco	1	361g	560	180	20	7	0.0	40	1730	73	8	8	24
Queso Chicken	1	346g	560	170	18	7	0.0	60	1960	70	7	7	27
Queso Egg & Bacon	1	189g	430	170	19	7	0.0	230	1160	43	3	4	19
Phat Burrito's Large	Values include tortilla, lettuce, tomatoes, onions and rice, beans, cheese and jalapeno sauce. (except breakfast items)												
Beef	1	524g	830	250	28	11	0.0	70	2630	105	11	7	41
Chicken	1	524g	810	210	23	9	0.0	90	2870	105	10	8	43
Rice & Bean	1	440g	700	190	21	9	0.0	25	2020	104	10	7	23
Breakfast	1	343g	850	420	46	15	0.0	315	2640	70	6	6	38
Taco	1	610g	960	330	37	15	0.0	80	2930	116	13	12	42
Queso Chicken	1	596g	1060	400	44	20	0.0	145	3600	110	10	12	54
Queso Egg & Bacon	1	343g	760	330	36	15	0.0	455	2150	70	6	5	35
Salads	Salads do not include dressing.												
Garden	1	145g	80	45	5	3	0.0	15	100	5	3	2	5
Chef	1	201g	140	50	6	3	0.0	40	640	7	3	3	15
Grilled Chicken	1	244g	190	60	7	3.5	0.0	80	720	7	3	2	26
Seafood	1	201g	130	45	5	3	0.0	20	400	15	3	4	9
Taco	1	230g	260	140	16	5	0.0	35	530	19	4	4	12
Wraps	Values include tortilla, lettuce, tomatoes, green peppers, onions, and cheese.												
Club Combo with Bacon	1	312g	610	260	29	8	0.0	70	2280	54	5	7	33
Club Combo with out Bacon	1	301g	560	230	26	7	0.0	60	2140	54	5	7	28
Turkey Bacon Club	1	275g	560	250	28	8	0.0	55	1830	52	5	6	26
Italian	1	247g	610	330	36	11	0.0	50	1940	53	5	5	19
BLT	1	239g	540	230	26	8	0.0	50	1520	56	6	9	21
Chicken Salad with Bacon	1	306g	630	300	33	8	0.0	55	2220	58	5	8	24
Chicken Salad with out Bacon	1	296g	580	270	30	7	0.0	40	2080	58	5	8	20
Taco Salad	1	326g	720	330	37	14	0.5	75	1820	69	7	11	27
BBQ Chicken	1	295g	520	120	14	5	0.0	55	1590	76	6	30	23
Hawaiian Chicken Salad	1	287g	470	160	17	4.5	0.0	35	1820	60	6	10	21
Turkey	1	264g	510	220	24	6	0.0	40	1700	53	5	7	22
Ham	1	266g	530	230	23	7	0.0	40	1900	54	5	8	21
Roast Beef	1	238g	390	100	11	4.5	0.0	40	1460	52	5	5	22
Cold Cut Combo	1	277g	560	250	27	10	0.0	65	2070	55	5	6	23
Seafood	1	267g	470	160	18	5	0.0	25	1500	64	5	11	15
Steak & Cheese (mix)	1	267g	490	180	20	8	0.0	55	1520	54	5	6	24
Chicken Filet	1	295g	450	100	11	4.5	0.0	90	1670	52	6	5	35
Veggie	1	182g	380	120	14	7	0.0	20	1160	50	6	4	14
Soups													
Chilli	1	142g	140	60	7	2.5	0.0	30	520	9	2	3	11
Garnishes - Half Sub													
Jalapenos	1	4.5g	0	0	0	0	0.0	0	75	0	0	0	0
Black Olives	1	3.5g	5	0	0.5	0	0.0	0	25	0	0	0	0
Spicy Mustard	1	4.5g	0	0	0	0	0.0	0	50	0	0	0	0
Sandwich Dressing	1	7.0g	25	20	2	0	0.0	<5	60	<1	0	<1	0
Pickles	1	9.0g	0	0	0	0	0.0	0	125	0	0	0	0
Vinegar	1	3.0g	0	0	0	0	0.0	0	0	0	0	0	0



Menu Items	Serving Size	grams	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Ttl Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Yellow Mustard	1	4.5g	0	0	0	0	0.0	0	55	0	0	0	0
Salad Oil	1	3.0g	25	25	3	0	0.0	0	0	0	0	0	0
Banana Peppers	1	11g	0	0	0	0	0.0	0	65	0	0	0	0
Garnishes - Whole Sub "													
Jalapenos	1	9.0g	0	0	0	0	0.0	0	150	0	0	0	0
Black Olives	1	7.0g	15	0	1	0	0.0	0	50	0	0	0	0
Spicy Mustard	1	9.0g	10	0	0	0	0.0	0	105	<1	0	0	0
Sandwich Dressing	1	14.0g	45	40	4	0	0.0	<5	120	2	0	2	0
Pickles	1	18.0g	0	0	0	0	0.0	0	250	0	0	0	0
Vinegar	1	6.0g	0	0	0	0	0.0	0	0	0	0	0	0
Yellow Mustard	1	9.0g	5	0	0	0	0.0	0	110	<1	0	0	0
Salad Oil	1	6.0g	50	50	6	1	0.0	0	0	0	0	0	0
Banana Peppers	1	23g	0	0	0	0	0.0	0	140	0	0	0	0
BURRITO 10"													
Shredded Beef	1	255g	480	140	16	6	0	45	1520	59	5	4	24
Chicken	1	255g	460	110	13	4.5	0	55	1680	59	5	4	26
Taco Meat	1	255g	470	150	17	6	0	30	1410	62	6	5	19
Rice & Bean	1	224g	410	100	11	4	0	15	1190	62	7	4	14
Veggie	1	286g	420	110	12	4.5	0	15	1100	64	7	9	14
BOWL 10"													
Shredded Beef	1	179g	260	100	11	5	0	45	1120	21	2	2	18
Chicken	1	179g	240	70	8	3.5	0	55	1280	21	2	2	20
Taco Meat	1	179g	250	110	12	5	0	30	1010	24	3	3	13
Rice & Bean	1	150g	190	60	7	3	0	15	800	24	4	2	8
Veggie	1	213g	210	70	7	3.5	0	15	710	27	4	7	8
SALADS 10"													
Shredded Beef	1	213g	190	80	9	5.0	0.0	45	800	10	4	2	18
Chicken	1	213g	170	60	6	3.5	0.0	55	970	10	4	3	20
Taco Meat	1	213g	180	90	10	5.0	0.0	30	700	13	5	4	13
Bean	1	184g	120	45	5	3.0	0.0	15	490	14	5	3	8
Veggie	1	247g	140	50	5	3.0	0.0	15	400	16	5	7	8
Tacos													
Mexican Meat (soft shell)	1	105g	180	60	7	3.0	0.0	15	580	21	3	3	8
Chicken (soft shell)	1	105g	170	45	5	2.0	0.0	30	710	19	2	2	12
Shredded Beef (soft shell)	1	105g	180	60	7	3.0	0.0	20	630	19	2	2	11
Mexian Meat (soft shell)	2	211g	360	120	14	6.0	0.0	30	1160	42	6	6	17
Chicken (soft shell)	2	211g	340	90	10	4.5	0.0	55	1430	39	5	5	24
Shredded Beef (soft shell)	2	211g	360	120	13	6.0	0.0	45	1270	39	5	4	22
Nachos													
Shredded Beef Nacho	1 tray	241g	690	310	35	11	0.0	50	1340	68	7	2	23
Chicken Nacho	1 tray	241g	670	280	31	10	0.0	60	1500	68	7	2	25
Taco Meat Nacho	1 tray	241g	690	320	35	11	0.0	35	1230	71	8	4	17
Bean Nacho	1 tray	241g	650	270	30	9	0.0	15	1120	76	10	2	14
Veggie Nacho	1 tray	275g	640	280	31	9	0.0	15	930	74	9	7	12
Chips & Adds													
Tortilla Chips	1	49g	250	100	11	1.5	0.0	0	115	33	3	0	3
Jalapeno Sauce	1	28g	10	0	0	0.0	0.0	0	190	2	0	1	0
Guacamole	1	30g	60	40	5	1.0	0.0	0	140	4	2	1	1
Queso Dip	1	28g	70	45	5	3.0	0.0	15	250	2	0	2	3
Vegetable Blend	1	28g	10	0	0	0.0	0.0	0	0	2	<1	2	0
Sour Cream, light	1	28g	40	25	3	2.0	0.0	10	25	2	0	0	<1
SW Ranch Sauce	1	28g	100	90	10	1.5	0.0	<5	250	3	0	2	0
Hot Jalapeno Sauce	1	28g	10	0	0	0.0	0.0	0	65	2	<1	<1	0
Iceburg Lettuce (Local Source)	1	14g	0	0	0	0.0	0.0	0	0	0	0	0	0
Romaine Lettuce (Local Source)	1	14g	0	0	0	0.0	0.0	0	0	0	0	0	0
Nutritional Information is based on Orion's product formulations and are compiled from nutritional information from the following sources: Suppliers, nutritional analysis using industry standard software, published resources, testing conducted by accredited laboratories, and the USDA Nutrient Database for Standard Reference. The data is expressed in values based on federal rounding and other applicable regulations. A number of factors may affect the actual nutritional values for each product, such as variations in serving size, preparation techniques, differences in product assembly at the retail location, seasonal influences, and area of country. Substitutions of ingredients may alter nutritional values. All information is intended for general knowledge and is not a substitute for medical advice or treatment for specific medical conditions. This data reflects US products and builds only. 04/19/17													