



# NUTRITION INFORMATION

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Menu Item	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>HAMBURGERS</b>										
Mushroom Bacon Cheeseburger, Single	670	43	16	1.5	95	1210	36	2	6	35
Mushroom Bacon Cheeseburger, Double	1010	70	29	3.5	170	1550	36	2	6	60
Mushroom Bacon Cheeseburger, Triple	1350	97	42	5	245	1890	36	2	6	84
Dave's Single®	590	37	15	1.5	80	1050	37	2	8	29
Dave's Double®	860	57	23	3	135	1250	37	2	8	49
Dave's Triple®	1160	81	34	4.5	200	1640	38	2	8	70
Baconator®	960	66	27	3	155	1600	36	1	7	57
Son of Baconator®	630	40	16	1.5	85	1260	36	1	7	32
Big Bacon Classic	650	41	16	1.5	90	1260	37	2	8	34
Big Bacon Classic Double	910	62	25	3	145	1460	37	2	8	53
Big Bacon Classic Triple	1220	86	36	4.5	210	1850	38	2	9	75
Bacon Double Stack™	440	26	11	1.5	65	870	26	1	6	26
Jr. Bacon Cheeseburger	370	23	8	1	45	670	25	1	5	18
Jr. Cheeseburger Deluxe	340	20	7	1	40	630	27	1	6	15
Jr. Cheeseburger	290	14	6	0.5	35	640	26	1	6	14
Double Stack™	410	24	10	1.5	60	740	26	1	6	23
Jr. Hamburger	250	11	4	0.5	25	440	25	1	5	13
<b>CHICKEN</b>										
Ghost Pepper Ranch Chicken Sandwich	690	35	8	0	90	1650	61	3	7	32
Spicy Chicken Sandwich	490	20	3.5	0	70	1160	50	3	5	28
Classic Chicken Sandwich	490	21	3.5	0	75	1450	49	2	5	28
Asiago Ranch Classic Chicken Club	620	31	8	0	95	1740	50	2	6	36
Spicy Asiago Ranch Chicken Club	620	30	8	0	95	1510	51	3	6	36
Crispy Chicken BLT	420	23	6	0	40	880	35	4	5	18
Crispy Chicken Sandwich	330	17	3	0	20	540	32	4	4	13
Crispy Panko Fish Sandwich	520	25	6	0	55	1240	52	2	6	21
Grilled Chicken Ranch Wrap	420	16	5	0	70	1170	42	2	2	27
<b>NUGGETS</b>	340	27	11	0	395	780	2	0	1	21
4 PC. Chicken Nuggets	180	12	2.5	0	30	380	9	0	0	10
4 PC. Spicy Chicken Nuggets	190	12	3	0	25	480	9	1	0	10
6 PC. Chicken Nuggets	270	17	3.5	0	50	570	14	1	0	15
6 PC. Spicy Chicken Nuggets	280	18	4	0	40	720	13	1	0	15
10 PC. Chicken Nuggets	450	29	6	0	80	950	23	1	0	25

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10 PC. Spicy Chicken Nuggets	470	31	7	0	65	1190	22	2	0	26
Nuggs Party Pack	2260	145	31	0	400	4750	116	5	0	123
Spicy Nuggs Party Pack	2340	153	34	0	330	5960	112	8	0	128
SAUCY NUGGS										
4 PC. Saucy Nuggs										
4PC. Honey BBQ Nuggs	240	12	2.5	0	30	620	25	1	14	10
4PC. Spicy Honey BBQ Nuggs	250	12	3	0	25	710	24	1	14	10
4PC. Garlic Parm Nuggs	410	36	7	0.5	35	690	12	1	0	11
4PC. Spicy Garlic Parm Nuggs	410	36	8	0.5	30	780	12	1	0	11
4PC. Buffalo Nuggs	220	15	3	0	30	1310	11	1	1	10
4PC. Spicy Buffalo Nuggs	220	16	3.5	0	25	1400	11	1	1	10
4PC. Spicy Ghost Pepper Nuggs	400	34	7	0	40	890	12	1	1	11
6 PC. Saucy Nuggs										
6PC. Honey BBQ Nuggs	330	17	3.5	0	50	810	29	1	14	15
6PC. Spicy Honey BBQ Nuggs	340	18	4	0	40	950	29	1	14	16
6PC. Garlic Parm Nuggs	500	41	9	0.5	50	880	17	1	0	16
6PC. Spicy Garlic Parm Nuggs	510	42	9	0.5	40	1020	16	1	0	16
6PC. Buffalo Nuggs	310	21	4	0	50	1500	16	1	1	15
6PC. Spicy Buffalo Nuggs	320	22	4.5	0	40	1640	15	1	1	15
6PC. Spicy Ghost Pepper Nuggs	490	40	8	0	55	1130	17	1	1	16
10 PC. Saucy Nuggs										
10PC. Honey BBQ Nuggs	580	29	6	0	80	1450	56	2	30	25
10PC. Spicy Honey BBQ Nuggs	600	31	7	0	65	1700	55	2	30	26
10PC. Garlic Parm Nuggs	940	80	17	1.5	80	1610	29	2	1	27
10PC. Spicy Garlic Parm Nuggs	950	82	17	1.5	70	1850	29	2	1	28
10PC. Buffalo Nuggs	530	36	7	0	80	2800	26	2	1	25
10PC. Spicy Buffalo Nuggs	540	37	8	0	65	3040	26	2	1	26
10PC. Spicy Ghost Pepper Nuggs	900	76	16	0.5	95	2060	30	2	2	27
20 PC. Saucy Nuggs	340	27	11	0	395	780	2	0	1	21
20PC. Honey BBQ Nuggs	1170	58	12	0	160	2910	111	3	60	50
20PC. Spicy Honey BBQ Nuggs	1200	61	14	0	135	3390	110	4	60	52
20PC. Garlic Parm Nuggs	1870	160	34	3	165	3210	58	4	1	53
20PC. Spicy Garlic Parm Nuggs	1910	164	35	3	140	3700	56	5	1	55
20PC. Buffalo Nuggs	1050	71	14	0	160	5600	53	3	3	50
20PC. Spicy Buffalo Nuggs	1080	74	16	0	135	6090	51	4	3	52

Menu Item	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
20PC. Spicy Ghost Pepper Nuggets	1810	152	32	1	190	4110	59	4	5	54
Saucy Nuggets Party Pack										
Honey BBQ Nuggets Party Pack	2810	145	31	0	400	6830	250	7	124	125
Spicy Honey BBQ Nuggets Party Pack	2890	153	34	0	330	8040	247	10	124	190
Garlic Parm Nuggets Party Pack	3450	270	57	3.5	405	6360	130	7	1	128
Spicy Garlic Parm Nuggets Party Pack	3530	279	60	3.5	340	7570	126	10	1	133
Buffalo Nuggets Party Pack	2530	169	35	0	400	11530	128	7	5	124
Spicy Buffalo Nuggets Party Pack	2610	177	38	0	335	12740	124	10	5	129
Spicy Ghost Pepper Party Pack	3520	276	59	1.5	405	8290	132	9	6	132
SALADS										
Parmesan Caesar Salad	290	12	6	0	85	890	13	4	3	31
Cobb Salad	420	23	8	0	250	960	16	3	4	36
Apple Pecan Salad	440	24	10	0	100	1160	28	5	19	31
Taco Salad	500	27	11	1	205	1240	37	9	9	29
FRIES & SIDES										
French Fries	500	41	9	0.5	50	880	17	1	0	16
Jr. Natural-Cut Fries	210	9	1.5	0	0	330	28	2	0	3
Small Natural-Cut Fries	260	12	2	0	0	420	35	3	0	4
Medium Natural-Cut Fries	350	16	2.5	0	0	550	47	4	0	5
Large Natural-Cut Fries	470	21	3.5	0	0	740	63	5	0	7
Baconator Fries	460	26	9	0	35	1030	43	3	1	14
Chili Cheese Fries	520	27	9	0	35	1270	53	6	3	17
Cheese Fries	470	27	10	0	40	1120	44	3	1	12
Chili										
Chili	290	12	4.5	0.5	20	1090	31	6	6	17
Large Chili	390	16	6	1	30	1450	40	8	9	23
Sour Cream and Chive Baked Potato	310	2.5	1.5	0	5	35	63	7	4	8
Plain Baked Potato	270	0	0	0	0	25	61	7	3	7
Bacon Cheese Baked Potato	440	13	6	0	35	590	64	7	4	17
Chili & Cheese Baked Potato	500	14	7	0	35	830	74	9	7	20
Cheese Baked Potato	450	14	8	0	40	680	65	7	4	15
Apple Bites	35	0	0	0	0	0	8	1	6	0
CROISSANTS										
Maple Bacon Chicken Croissant	550	30	11	0.5	60	920	49	3	12	19
Sausage, Egg & Swiss Croissant	590	40	16	0.5	265	960	35	0	7	21

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Bacon, Egg & Swiss Croissant	430	23	11	0	235	840	35	0	7	18
ENGLISH MUFFINS										
Sausage, Egg & Cheese English Muffin	540	37	13	0	235	940	31	1	5	20
Bacon, Egg & Cheese English Muffin	380	21	7	0	205	830	30	1	4	17
BISCUIT										
Sausage, Egg & Cheese Biscuit	580	43	17	0	235	1290	28	1	3	19
Bacon, Egg & Cheese Biscuit	420	27	11	0	205	1170	28	1	3	16
Egg & Cheese Biscuit	360	23	10	0	195	970	27	1	2	11
Honey Buddy Chicken Biscuit	470	29	9	0	25	970	41	4	8	12
Honey Butter Biscuit	310	19	7	0	5	670	32	1	8	3
Sausage Gravy & Biscuit	400	25	10	0	10	1230	38	1	3	6
Sausage Biscuit	450	33	13	0	40	950	27	1	3	11
BREAKFAST BURRITO										
Breakfast Burrito, Bacon	720	41	16	0.5	420	2220	56	2	4	32
Breakfast Burrito, Sausage	830	53	20	0.5	440	2130	56	3	4	31
DESSERTS										
Cinnabon® Pull-Apart	550	26	11	0	35	440	70	3	30	8
Homestyle French Toast Sticks, 4 PC	460	18	4	0	115	380	63	1	21	10
Homestyle French Toast Sticks, 6 PC	630	27	6	0	170	550	79	2	25	16
Seasoned Potatoes										
Small Seasoned Potatoes	280	13	2	0	0	600	39	4	0	3
Medium Seasoned Potatoes	400	18	3	0	0	860	56	5	1	5
Large Seasoned Potatoes	510	23	4	0	0	1090	71	6	1	6
Oatmeal Bar	280	10	4	0	15	230	45	4	23	3
Chocolate Chunk Cookie	330	16	8	0	20	210	43	2	26	3
Sugar Cookie	330	16	8	0	20	300	44	1	24	3
FROSTY®										
Chocolate Frosty®										
Jr. Classic Chocolate Frosty®	190	6	3.5	0	20	115	31	0	26	6
Classic Chocolate Frosty®	310	9	6	0	35	180	49	1	41	10
Medium Classic Chocolate Frosty®	390	11	7	0	40	230	61	1	52	12
Large Classic Chocolate Frosty®	500	15	9	0	55	290	80	1	68	16
Vanilla Frosty®										
Jr. Vanilla Frosty®	190	6	3.5	0	20	115	31	0	27	6
Vanilla Frosty®	310	9	5	0	35	180	49	0	42	10

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Medium Vanilla Frosty®	390	11	7	0	45	230	62	0	53	12
Large Vanilla Frosty®	510	15	9	0	60	290	81	0	69	16
DRINKS										
Blueberry Pomegranate Lemonade										
Small	240	0	0	0	0	25	61	0	58	0
Medium	350	0	0	0	0	35	89	0	85	0
Large	450	0	0	0	0	45	115	0	110	0
Pineapple Mango Lemonade										
Small	230	0	0	0	0	25	58	0	55	0
Medium	330	0	0	0	0	35	86	0	81	0
Large	420	0	0	0	0	45	109	0	104	0
All-Natural Lemonade										
Small	190	0	0	0	0	25	48	0	46	0
Medium	280	0	0	0	0	35	72	0	68	0
Large	330	0	0	0	0	45	86	0	81	0
Strawberry Lemonade										
Small	230	0	0	0	0	25	58	0	54	0
Medium	330	0	0	0	0	40	85	0	79	0
Large	420	0	0	0	0	50	108	0	101	0
Regular Hot Coffee										
Small	5	0	0	0	5	0	0	0	0	0
Medium	5	0	0	0	10	0	0	0	0	0
Large	5	0	0	0	10	0	0	0	0	1
Chocolate Frosty® Cream Cold Brew										
Small	170	3	2	0	10	85	32	0	28	4
Medium	220	4	2.5	0	15	110	43	0	38	5
Large	310	5	3	0	20	150	60	0	52	7
Caramel Frosty® Cream Cold Brew										
Small	160	3	2	0	10	70	30	0	26	4
Medium	220	4	2.5	0	15	90	42	0	37	5
Large	300	5	3	0	20	125	58	0	50	7
Vanilla Frosty® Cream Cold Brew										
Small	170	3	2	0	10	70	31	0	27	4
Medium	220	4	2.5	0	15	90	41	0	36	5
Large	300	5	3	0	20	125	57	0	49	6

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Cold Brew										
Small	10	0	0	0	0	15	2	0	0	0
Medium	15	0	0	0	0	15	3	0	0	1
Large	25	0	0	0	0	25	5	0	0	1
Brewed Unsweetened Iced Tea										
Small	5	0	0	0	0	0	0	0	0	0
Medium	10	0	0	0	0	0	0	0	0	0
Large	10	0	0	0	0	0	0	0	0	0
Sweetened Iced Tea										
Small	190	0	0	0	0	0	47	0	47	0
Medium	270	0	0	0	0	0	69	0	68	0
Large	320	0	0	0	0	0	80	0	80	0
Pure Life® Bottled Water	0	0	0	0	0	0	0	0	0	0
Milk	90	2	1	0	10	90	10	0	10	7
Chocolate Milk	140	2.5	1.5	0	10	160	23	1	22	7
Honest Kids® Fruit Punch	35	0	0	0	0	15	8	0	8	0
Simply Orange® Juice	160	0	0	0	0	0	39	1	34	3
KIDS' MEAL®										
Kids' Cheeseburger	290	14	6	0.5	35	570	25	1	6	14
Kids' Hamburger	250	11	4	0.5	25	370	25	1	5	12
Kids' 4 PC. Spicy Nuggets	190	12	3	0	25	480	9	1	0	10
Kids' 4PC Nuggets	180	12	2.5	0	30	380	9	0	0	10
Jr. Natural-Cut Fries	210	9	1.5	0	0	330	28	2	0	3
Apple Bites	35	0	0	0	0	0	8	1	6	0
Kid's Blueberry Pomegranate Lemonade	170	0	0	0	0	15	44	0	41	0
Kid's Pineapple Mango Lemonade	160	0	0	0	0	15	41	0	39	0
Kid's All-Natural Lemonade	130	0	0	0	0	15	33	0	31	0
Kid's Strawberry Lemonade	160	0	0	0	0	15	41	0	38	0
Pure Life® Bottled Water	0	0	0	0	0	0	0	0	0	0
Honest Kids® Fruit Punch	35	0	0	0	0	15	8	0	8	0
Milk	90	2	1	0	10	90	10	0	10	7
Chocolate Milk	140	2.5	1.5	0	10	160	23	1	22	7
Kid's Unsweetened Iced Tea	5	0	0	0	0	0	0	0	0	0
Value Unsweetened Iced Tea	5	0	0	0	0	0	0	0	0	0
Kid's Sweetened Iced Tea	150	0	0	0	0	0	37	0	37	0

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Jr. Classic Chocolate Frosty®	190	6	3.5	0	20	115	31	0	26	6
Jr. Vanilla Frosty®	190	6	3.5	0	20	115	31	0	27	6
SAUCE										
BBQ Dipping Sauce	40	0	0	0	0	125	10	0	9	0
Ghost Pepper Ranch Dipping Sauce	100	11	1.5	0	5	180	2	0	1	0
Honey Mustard Dipping Sauce	70	6	1	0	5	150	6	0	5	0
Ketchup	10	0	0	0	0	85	3	0	2	0
Buttermilk Ranch Dipping Sauce	90	9	1.5	0	5	170	2	0	1	0
Sweet and Sour Dipping Sauce	40	0	0	0	0	105	10	0	9	0
DRESSING										
Caesar Dressing	240	25	4.5	0	35	450	2	0	1	2
Ranch Dressing	250	26	4.5	0	20	310	2	0	1	1
Creamy Salsa Dressing	150	15	3	0	25	330	3	0	1	1
Pomegranate Vinaigrette Dressing	90	3	0	0	0	190	16	0	15	0