



Serving (g) Calories Total Fat (g) Saturated Fat (g) Sodium (mg) Carbohydrates (g) Protein (g)

BURGERS & SANDWICHES							
Hamburger	220	390	20	6	440	27	23
Cheeseburger	344	630	37	14	1400	31	39
Double Cheeseburger	395	710	42	16	1670	32	45
Bacon Burger	332	830	60	22	980	28	41
Blazin Bacon Burger	347	840	60	20	960	28	45
Bacon Cheeseburger	385	860	62	22	1920	32	38
Double Bacon Cheeseburger	479	1060	75	27	2230	33	56
Blue Cheese Bacon Burger	376	960	70	26	1360	28	51
Mushroom Burger	341	610	35	14	460	29	43
BLT	411	1070	51	16	1830	115	37
Burger Dip	336	940	57	21	440	19	76
Chicken Club Sandwich	379	890	57	23	1190	32	58
Firehouse Club Sandwich	349	630	37	13	880	28	43
Fish Sandwich	390	460	15	7	2210	44	29
Patty Melt	461	1160	46	20	1280	119	68
Gardenburger	298	350	13	3	1580	36	19
Gardenburger with Cheese	326	440	20	7	1950	38	24
Vegan Burger	323	430	15	2.5	1880	58	13
Vegan Burger with Cheese	351	520	22	7	2240	61	18
CHICKEN							
Chicken and Chips	303	620	29	6	1260	56	34
Chicken No fries	162	440	23	4	1240	28	31
MINI BURGERS							
Mini Hamburger	117	190	10	3	230	13	12
Mini Cheeseburger	131	240	13	5	410	15	1
Mini Double Cheeseburger	191	360	22	8	730	16	23
Mini Bacon Cheese Burger	227	420	26	10	1180	17	27
Mini Double Bacon Cheeseburger	243	480	33	12	1180	17	26
Mini Fish Sandwich	187	200	7	4	1080	20	12



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SIDES							
French Fries	284	370	13	4	35	57	7
Garlic Fries (1.57 servings)	284	370	11	3	2140	60	8
Sweet Potato Fries	284	320	13	3	150	48	4
Fried Mushrooms	170	380	29	4	270	27	5
Onion Rings	255	700	36	5	940	86	11
Apple Slices	57	20	0	0	0	8	0
KIDD MEALS							
Kidd Burger	99	280	12	5	250	21	19
Kidd Burger Meal with Juice	364	520	19	6	280	64	22
Kidd Chicken Meal with Juice	317	460	19	4	850	50	23
Kidd Grilled Cheese	365	550	25	14	690	62	20
MILKSHAKES							
Chocolate Milkshake 12 oz	376	480	14	9	360	77	13
Chocolate Milkshake 22 oz	625	740	17	11	690	132	19
Vanilla Milkshake 12 oz	250	370	16	10	200	49	8
Vanilla Milkshake 22 oz	458	680	30	18	370	90	15
Oreo Milkshake 12 oz	301	680	33	19	350	81	11
Oreo Milkshake 22 oz	399	900	44	25	460	107	15
Pineapple Milkshake 12oz	273	430	16	10	210	64	8
Pineapple Milkshake 22oz	508	800	30	18	390	123	15
Strawberry Milkshake 12 oz	282	320	8	5	230	53	10
Strawberry Milkshake 22 oz	517	580	14	9	430	98	18
Malted Mix	21	90	1	0.5	40	0	1



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The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories per day. These limits may be higher or lower depending upon the daily calorie level. There may be variations in the nutrition content based upon serving size or quantity of ingredients, or based upon special ordering.

Items vary by location • August 2019