



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

Sandwiches	Serving (g)	Calories	Saturated Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)
Bacon Burger	287	670	16	44	28	990
Bacon Cheeseburger	325	630	14	37	31	2020
Blazin Bacon Burger	287	640	13	43	28	960
BLT	331	800	6	35	115	2100
Blue Cheese Bacon Burger	316	730	18	49	27	1450
Burger Dip	166	463	9	32	22	320
Cheeseburger	344	620	14	39	31	1500
Double Cheeseburger	425	780	18	53	32	1840
Double Bacon Cheeseburger	449	910	21	62	32	2400
Firehouse Club Sandwich	289	510	9	39	29	1440
Fish Sandwich	391	500	7	34	46	2090
Gardenburger	298	300	2	18	35	1740
Gardenburger with Cheese	326	400	6	23	37	2100
Hamburger	235	420	7	27	26	460
Mushrom Burger	341	630	14	44	29	460
Patty Melt	461	1181	20	69	120	1544
Chicken						
Chicken & Chips	303	685	8	31	64	1184
Chicken Club Sandwich	330	831	21	48	32	1529
Chicken/no fries	162	469	6	28	29	1529
Mini Burgers						
Mini Fish Sandwich	187	220	4	13	21	1090
Mini Hamburger	121	200	3	12	13	240
Mini Double Cheeseburger	206	400	9	27	16	800
Mini Dbl Bacon Cheeseburger	238	440	10	30	17	1280
Mini Bacon Cheese Burger	157	350	8	24	14	420



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Sides	Serving (g)	Calories	Saturated Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)
French Fries	198	304	2	5	49	887
Garlic Fries 1.57 servings	306	455	3	9	77	2322
Sweet Potato Fries	284	255	1	4	49	150
Mushrooms	170	378	4	5	27	271
Onion Rings	255	647	5	11	83	1437
Kidds Meals						
Kidds Burger	100	278	5	19	21	250
Kidds Burger Meal	241	494	6	22	56	275
Kidds Chicken Meal	193	442	5	21	40	787
Kidds Grilled Cheese	247	604	15	21	68	1377
Shakes						
Choc Milk Shake 22 oz	458	581	11	16	94	444
Choc Milk Shake 12 oz	250	317	6	8	51	242
Oreo Milk Shake 22 oz	601	1350	37	22	161	700
Oreo Milk Shake 12 oz	301	676	19	11	81	351
Pineapple Milk Shake 22oz	507	803	18	15	123	391
Pineapple Milk Shake 12oz	273	428	10	8	64	212
Strawberry Milk Shake 22 oz.	778	879	13	26	147	646
Strawberry Milk Shake 12 oz.	425	480	7	14	80	352
Vanilla Milk Shake 22 oz	458	677	18	15	90	371
Vanilla Milk Shake 12 oz	250	369	10	8	49	202
Add Malted Mix to any Shake	21	86	4	1	18	40



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.