



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

Burgers & Sandwiches						
Hamburger	235	420	7	27	26	460
Cheeseburger	344	620	14	39	31	1500
Double Cheeseburger	425	780	18	53	32	1840
Bacon Burger	287	670	16	44	28	990
Blazin' Bacon Burger	287	640	13	43	28	960
Bacon Cheeseburger	325	630	14	37	31	2020
Double Bacon Cheeseburger	449	910	21	62	32	2400
Blue Cheese Bacon Burger	316	730	18	49	27	1450
Mushroom Burger	341	630	14	44	29	460
Gardenburger	298	300	2	18	35	1740
Gardenburger with Cheese	326	400	6	23	37	2100
BLT	331	800	6	35	115	2100
Burger Dip	336	940	21	76	22	440
Chicken Club Sandwich	330	831	21	48	32	1529
Firehouse Chicken Club Sandwich	289	510	9	39	29	1440
Fish Sandwich	391	500	7	34	46	2090
Patty Melt	461	1181	20	69	120	1544
Chicken						
Chicken & Chips	303	685	8	34	60	1410
Chicken: No Fries	162	469	5	30	25	1380
Mini Burgers						
Mini Hamburger	121	200	3	12	13	240
Mini Double Cheeseburger	206	400	9	27	16	800
Mini Bacon Cheeseburger	157	350	8	24	14	420
Mini Double Bacon Cheeseburger	238	440	10	30	17	1280
Mini Fish Sandwich	187	220	4	13	21	1090



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Sides						
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
Fried Mushrooms	170	378	4	5	27	271
Onion Rings	255	647	5	11	83	1437
Kidd 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
Milkshakes						
Choc Milkshake 12 oz	340	317	6	8	51	242
Choc Milkshake 22 oz	624	581	11	16	94	444
Vanilla Milkshake 12 oz	340	369	10	8	49	202
Vanilla Milkshake 22 oz	624	677	18	15	90	371
Oreo Milkshake 12 oz	340	676	19	11	81	351
Oreo Milkshake 22 oz	624	1350	37	22	161	700
Pineapple Milkshake 12 oz	340	428	10	8	64	212
Pineapple Milkshake 22 oz	624	803	18	15	123	391
Strawberry Milkshake 12 oz	340	480	7	14	80	352
Strawberry Milkshake 22 oz	624	879	13	26	147	646
Malted Mix	21	86	4	1	18	40



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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 • March 2016