



# **JOHNNY ROCKETS NUTRITIONAL GUIDE**



**SHAKES**



	Calories (kcal)	Calories from Fat (kcal)		Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Protein (g)	Notes
<b>SHAKES ADULTS AND KIDS</b>												
Banana Shake	810	390	43	27	1.5	155	270	91	2	82	18	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten.
Banana Shake (Kids' Size)	550	270	30	18	1	105	180	60	1	54	12	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten.
Butterfinger Shake	960	460	52	31	1.5	155	350	107	2	93	19	Allergen Statement: Contains Milk, Peanuts, Soy. Gluten Statement: Flavoring may contain Gluten.
Butterfinger Shake (Kids' Size)	640	310	35	21	1	105	230	70	1	61	13	Allergen Statement: Contains Milk, Peanuts, Soy. Gluten Statement: Flavoring may contain Gluten.
Chocolate Banana Shake	960	400	44	27	1.5	155	290	127	4	111	18	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May Contain Egg, Peanuts, Soy, Tree Nuts, Wheat, Gluten.
Chocolate Banana Shake (Kids' Size)	620	270	30	18	1	105	190	78	2	69	12	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May Contain Eggs, Peanuts, Soy, Tree Nuts, Wheat, Gluten.
Chocolate Peanut Butter Shake	1230	670	75	33	1.5	155	640	112	6	95	33	Allergen Statement: Contains Milk, Peanuts, Soy. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May contain Eggs, Tree Nuts, Wheat, Gluten.
Chocolate Peanut Butter Shake (Kids' Size)	810	420	47	22	1	105	390	79	4	68	20	Allergen Statement: Contains Milk, Peanuts, Soy. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May contain Eggs, Tree Nuts, Wheat, Gluten.
Chocolate Shake	900	400	44	27	1.5	155	290	112	2	103	18	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May contain Eggs, Peanuts, Soy, Tree Nuts, Wheat, Gluten.
Chocolate Shake (Kids' Size)	590	270	30	18	1	105	190	70	1	64	12	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May contain Eggs, Peanuts, Soy, Tree Nuts, Wheat, Gluten.
Chocolate Strawberry Kiss Shake	880	390	44	27	1.5	155	280	107	2	99	17	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May contain Eggs, Peanuts, Soy, Tree Nuts, Wheat, Gluten.
Chocolate Strawberry Kiss Shake (Kids' Size)	640	270	30	18	1	105	200	83	2	75	12	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May contain Eggs, Peanuts, Soy, Tree Nuts, Wheat, Gluten.
M&M's Candy Shake	1020	480	53	33	1.5	160	310	116	2	109	19	Allergen Statement: Contains Milk, Soy. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May contain Egg, Peanuts, Tree Nuts, Wheat, Gluten.
M&M's Candy Shake (Kids' Size)	670	320	36	22	1	105	200	74	1	70	13	Allergen Statement: Contains Milk, Soy. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May contain Egg, Peanuts, Tree Nuts, Wheat, Gluten.



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Oreo Cookies & Cream Shake (Kids' Size)	620	300	34	19	1	105	260	67	1	58	12	Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Peanut Butter Banana Shake	1170	640	71	33	1.5	155	590	107	6	88	32	Allergen Statement: Contains Milk, Peanuts, Soy. Gluten Statement: Flavoring may contain Gluten.
Peanut Butter Banana Shake (Kids' Size)	730	400	44	21	1	105	340	68	3	57	19	Allergen Statement: Contains Milk, Peanuts, Soy. Gluten Statement: Flavoring may contain Gluten.
Peanut Butter Shake	1160	670	74	33	1.5	155	630	94	5	80	32	Allergen Statement: Contains Milk, Peanuts, Soy. Gluten Statement: Flavoring may contain Gluten.
Peanut Butter Shake (Kids' Size)	740	420	47	22	1	105	380	62	3	53	20	Allergen Statement: Contains Milk, Peanuts, Soy. Gluten Statement: Flavoring may contain Gluten.
Strawberry Banana Shake	860	390	43	27	1.5	155	280	104	3	93	18	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten.
Strawberry Banana Shake (Kids' Size)	600	270	30	18	1	105	190	73	2	65	12	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten.
Strawberry Oreo Crumble Shake	970	450	50	28	1.5	155	410	114	2	98	18	Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Strawberry Oreo Crumble Shake (Kids' Size)	670	300	34	19	1	105	270	80	2	69	12	Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Strawberry Shake	810	390	43	27	1.5	155	270	89	1	85	17	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten.
Strawberry Shake (Kids' Size)	570	270	30	18	1	105	180	65	1	61	11	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten.
Vanilla Shake	880	390	43	27	1.5	155	270	106	1	103	17	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May contain Soy, Tree Nuts, Wheat, Gluten.
Vanilla Shake (Kids' Size)	580	270	30	18	1	105	180	67	0	65	11	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May contain Soy, Tree Nuts, Wheat, Gluten.
<b>Syrups</b>												
Cherry Syrup (0.75 fl oz)	60	0	0	0	0	0	5	16	0	15	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Milk, Soy, Tree Nuts, Wheat, Gluten.
Hershey's Chocolate Syrup (0.75 fl oz)	70	5	0	0	0	0	10	18	1	15	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Egg, Milk, Peanuts, Soy, Tree Nuts, Wheat, Gluten.
Vanilla Syrup (0.75 fl oz)	60	0	0	0	0	0	0	15	0	15	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Milk, Soy, Tree Nuts, Wheat, Gluten.



## **STARTERS & SIDES**



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
<b>STARTERS &amp; SIDES</b>												
Fries (Side)	330	140	15	3	0	0	450	44	4	3	5	Analysis includes 1 ketchup smile. Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Egg, Milk, Tree Nuts, Wheat, Gluten. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Fries (Starter)	570	240	27	6	0	0	480	74	7	3	9	Analysis includes 1 ketchup smile. Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Egg, Milk, Tree Nuts, Wheat, Gluten. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Bacon Cheese Fries (Side)	740	460	51	14	0	45	1900	53	4	7	16	Analysis includes ranch dressing and 1 ketchup smile. Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Tree Nuts, Wheat, Gluten. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Bacon Cheese Fries (Starter)	1070	630	70	21	0	60	2310	86	7	7	24	Analysis includes ranch dressing and 1 ketchup smile. Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Tree Nuts, Wheat, Gluten. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Bowl of Chili	570	390	44	21	1.5	90	990	22	3	2	22	Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Cheese Fries (Side)	460	220	25	9	0	15	1100	50	4	4	9	Allergen Statement: Contains Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Egg, Tree Nuts, Wheat, Gluten. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Cheese Fries (Starter)	790	390	44	15	0	30	1510	83	7	5	16	Allergen Statement: Contains Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Egg, Tree Nuts, Wheat, Gluten. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Chili Cheese Fries (Side)	590	320	36	14	0.5	35	1350	54	5	5	13	Allergen Statement: Contains Milk, Soy. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Tree Nuts, Wheat. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Chili Cheese Fries (Starter)	1050	590	65	25	1	70	2000	90	9	6	25	Allergen Statement: Contains Milk, Soy. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Tree Nuts, Wheat. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Half & Half (Side)	560	330	37	7	0	15	1320	51	3	8	7	Analysis and allergens include ranch dressing and 1 ketchup smile. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Half & Half (Starter)	910	480	53	10	0	15	1780	95	7	10	12	Analysis and allergens include ranch dressing and 1 ketchup smile. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Onion Rings (Side)	590	340	38	7	0	15	1460	56	3	10	7	Analysis and allergens include ranch dressing and 1 ketchup smile. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Onion Rings (Starter)	970	510	56	10	0	15	2330	105	5	15	12	Analysis and allergens include ranch dressing and 1 ketchup smile. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Side: Potato Tots (7 oz)	590	360	40	7	0	0	600	54	5	0	5	Allergen Statement: Contains Soy. Gluten Statement: Flavoring may contain Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Sweet Potato Fries (Side)	300	120	13	2.5	0	0	630	43	5	19	3	Analysis includes 1 ketchup smile. Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Flavoring may contain Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Sweet Potato Fries (Starter)	520	210	23	4	0	0	1010	73	9	31	5	Analysis includes 1 ketchup smile. Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Flavoring may contain Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.



**BURGERS**





	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
<b>BURGERS</b>												
#12 Burger - 1/4 lb	740	410	46	15	1	105	1090	48	2	12	32	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
#12 Burger - 1/4 lb (Gluten Free Bun)	730	420	47	12	1	95	1300	47	6	10	30	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Bacon Cheddar Burger - 1/4 lb	760	420	47	17	1	120	1080	47	2	13	38	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Bacon Cheddar Burger - 1/4 lb (Gluten Free Bun)	750	430	48	14	1	110	1290	46	6	11	36	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Bacon Cheddar Double Burger - 1/4 lb	1120	650	72	28	2	225	1700	48	2	13	67	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Bacon Cheddar Double Burger - 1/4 lb (Gluten Free Bun)	1110	660	73	25	2	215	1910	47	6	11	65	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Create-Your-Own Burger (Basic Prep) - 1/4 lb	450	180	20	8	1	75	390	40	1	8	26	Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Houston Burger - 1/4 lb	640	320	35	14	1	105	1210	44	2	10	32	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Houston Burger - 1/4 lb (Gluten Free Bun)	630	330	36	11	1	95	1420	43	6	8	30	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Rocket Double Burger - 1/4 lb	950	530	59	23	2	185	1010	46	2	12	55	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Rocket Double Burger - 1/4 lb (Gluten Free Bun)	940	540	60	20	2	175	1220	45	6	10	53	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Rocket Single Burger - 1/4 lb	680	360	40	14	1	100	740	46	2	12	32	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Rocket Single Burger - 1/4 lb (Gluten Free Bun)	670	370	41	11	1	90	950	45	6	10	30	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Route 66 Burger - 1/4 lb	760	430	48	15	1	105	780	47	3	11	34	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Route 66 Burger - 1/4 lb (Gluten Free Bun)	750	440	49	12	1	95	990	46	7	9	32	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Smoke House Burger - 1/4 lb	790	380	42	16	1	115	1330	60	2	16	39	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Smoke House Burger - 1/4 lb (Gluten Free Bun)	780	390	43	13	1	105	1540	59	6	14	37	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Smoke House Double Burger - 1/4 lb	1140	610	68	27	2	220	1950	61	2	17	68	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Smoke House Double Burger - 1/4 lb (Gluten Free Bun)	1130	620	69	24	2	210	2160	60	6	15	66	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Gardein Burger	460	140	15	2	0	0	1210	71	14	10	19	Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Milk.
Gardein Burger (Gluten Free Bun)	500	170	19	1	0	0	1390	72	16	12	17	Allergen Statement: Contains Soy, Wheat. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Milk, Wheat, Gluten.
The Original Burger - 1/4 lb	670	360	40	11	1	85	980	49	3	15	28	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
The Original Burger - 1/4 lb (Gluten Free Bun)	660	370	41	8	1	75	1190	48	7	13	26	Allergen Statement: Contains Egg, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur. Cross Contact: May contain Milk.



**KIDS**



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
<b>KIDS</b>												
Kids' Chicken Tenders (BBQ Sauce)	780	290	32	6	0	65	1550	93	7	27	29	Analysis and allergens include fries, dipping sauce & ketchup smile. Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Chicken Tenders (Honey Mustard)	930	520	58	10	0	90	1460	76	6	12	29	Analysis and allergens include fries, dipping sauce & ketchup smile. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Chicken Tenders (Ranch)	860	460	51	9	0	80	1480	69	6	6	30	Analysis and allergens include fries, dipping sauce & ketchup smile. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Grilled Cheese (Sourdough, American)	900	400	44	12	1	35	1810	102	6	7	23	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Grilled Cheese (Sourdough, Cheddar)	920	410	45	13	1	40	1460	101	6	6	26	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Grilled Cheese (Sourdough, Pepper Jack)	930	400	45	13	0	50	1470	100	6	6	26	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Grilled Cheese (Sourdough, Provolone)	910	400	45	11	0	30	1530	102	6	6	26	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Grilled Cheese (Sourdough, Swiss)	930	400	45	13	1	40	1290	102	6	6	28	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Kids' Grilled Chicken	240	70	8	1.5	0	80	560	16	3	10	27	Analysis and allergens include celery sticks and applesauce pouch. Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Egg, Fish, Milk, Peanuts, Tree Nuts, Shellfish, Wheat, Gluten.
Kids' Hamburger	790	320	35	11	1	75	850	84	5	11	31	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Hamburger (Add American - Gluten Free Bun)	850	380	42	12	1	85	1360	84	9	10	33	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Tree Nuts, Wheat, Gluten. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Hamburger (Add American)	860	370	41	15	1	95	1150	85	5	12	35	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Hamburger (Add Cheddar - Gluten Free Bun)	850	380	43	12	1	85	1180	83	9	10	34	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Tree Nuts, Wheat, Gluten. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Hamburger (Add Cheddar)	860	380	42	15	1	95	970	84	5	12	36	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Hamburger (Add Pepper Jack - Gluten Free Bun)	860	380	42	12	1	90	1190	83	9	9	34	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Tree Nuts, Wheat, Gluten. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Hamburger (Add Pepper Jack)	870	370	41	15	1	100	980	84	5	11	36	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Kids' Hamburger (Add Provolone - Gluten Free Bun)	850	380	42	11	1	80	1220	84	9	9	34	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Tree Nuts, Wheat, Gluten. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Hamburger (Add Provolone)	860	370	41	14	1	90	1010	85	5	11	36	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Hamburger (Add Swiss - Gluten Free Bun)	860	380	42	12	1	85	1100	84	9	10	35	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Tree Nuts, Wheat, Gluten. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Hamburger (Add Swiss)	870	370	41	15	1	95	890	85	5	12	37	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Hamburger (Gluten Free Bun)	780	330	36	8	1	65	1060	83	9	9	29	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Egg, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Milk, Tree Nuts, Wheat, Gluten. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Mini Chili Dogs	1050	600	67	27	1.5	100	2070	80	6	7	34	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Mini Hot Dogs	810	420	47	16	1	50	1640	76	5	6	22	Analysis and allergens include fries with ketchup smile; does not include optional hot dog condiments. Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Milk, Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Kids' Mix Hamburger & Hot Dog	1020	460	51	18	1.5	100	1440	100	6	13	40	Analysis and allergens include fries with ketchup smile. Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Tree Nuts. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
<b>KIDS SHAKES</b>												
Banana Shake (Kids' Size)	550	270	30	18	1	105	180	60	1	54	12	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten.
Butterfinger Shake (Kids' Size)	640	310	35	21	1	105	230	70	1	61	13	Allergen Statement: Contains Milk, Peanuts, Soy. Gluten Statement: Flavoring may contain Gluten.
Chocolate Banana Shake (Kids' Size)	620	270	30	18	1	105	190	78	2	69	12	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May Contain Eggs, Peanuts, Soy, Tree Nuts, Wheat, Gluten.
Chocolate Peanut Butter Shake (Kids' Size)	810	420	47	22	1	105	390	79	4	68	20	Allergen Statement: Contains Milk, Peanuts, Soy. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May contain Eggs, Tree Nuts, Wheat, Gluten.
Chocolate Shake (Kids' Size)	590	270	30	18	1	105	190	70	1	64	12	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May contain Eggs, Peanuts, Soy, Tree Nuts, Wheat, Gluten.
Chocolate Strawberry Kiss Shake (Kids' Size)	640	270	30	18	1	105	200	83	2	75	12	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May contain Eggs, Peanuts, Soy, Tree Nuts, Wheat, Gluten.
M&M's Candy Shake (Kids' Size)	670	320	36	22	1	105	200	74	1	70	13	Allergen Statement: Contains Milk, Soy. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May contain Egg, Peanuts, Tree Nuts, Wheat, Gluten.
Strawberry Banana Shake (Kids' Size)	600	270	30	18	1	105	190	73	2	65	12	Allergen Statement: Contains Milk. Gluten Statement: Flavoring may contain Gluten.



**Fresh Favorites**



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
<b>FRESH FAVORITES</b>												
Beef Philly Cheese Steak	810	370	41	16	0	130	3100	60	5	9	49	Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
BLT Sandwich (Sourdough)	670	320	36	8	0	50	1520	60	3	5	25	Allergen Statement: Contains Egg, Soy, Wheat. Gluten Statement: Contains Gluten.
Chicken Club Sandwich	1050	460	51	10	0	130	2250	91	4	7	54	Allergen Statement: Contains Egg, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Milk, Peanuts, Tree Nuts, Shellfish.
Chicken Tenders (BBQ Sauce)	790	290	32	6	0	130	1800	76	5	27	48	Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Chicken Tenders (Honey Mustard)	940	530	58	10	0	155	1710	58	4	13	48	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Chicken Tenders (Ranch)	870	470	52	9	0	145	1730	52	4	6	49	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Grilled Cheese (Sourdough)	740	380	42	15	1	65	1730	63	3	6	29	Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Grilled Chicken Club Salad	420	210	23	10	0	130	1130	10	3	3	43	Allergen Statement: Contains Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Peanuts, Tree Nuts, Shellfish, Wheat, Gluten.
Grilled Chicken Sandwich	580	280	32	6	0	95	940	43	4	5	35	Allergen Statement: Contains Egg, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Fish, Milk, Peanut, Shellfish, Tree Nuts.
Grilled Chicken Sandwich (Gluten Free Bun)	620	320	35	5	0	95	1120	44	6	7	33	Allergen Statement: Contains Egg, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Fish, Milk, Peanut, Shellfish, Tree Nuts, Wheat, Gluten.
Patty Melt - 1/4 lb	790	390	43	14	1.5	105	1370	60	3	4	38	Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Rocket Chili Dog	740	490	54	24	1.5	100	1630	36	2	4	29	Analysis and allergens do not include optional condiments. Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Rocket Dog	490	310	34	13	1	50	1200	32	1	3	17	Analysis and allergens do not include optional condiments. Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Milk.





# FEATURES



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
<b>FEATURES</b>												
BBQ Chicken Melt	1100	520	58	16	1	150	2550	87	3	17	56	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Tree Nuts, Shellfish. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Grilled Chicken Sandwich	580	280	32	6	0	95	940	43	4	5	35	Allergen Statement: Contains Egg, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Fish, Milk, Peanut, Shellfish, Tree Nuts.
Grilled Chicken Sandwich (Gluten Free Bun)	620	320	35	5	0	95	1120	44	6	7	33	Allergen Statement: Contains Egg, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Fish, Milk, Peanut, Shellfish, Tree Nuts, Wheat, Gluten.
Smoke House Burger - 1/4 lb	790	380	42	16	1	115	1330	60	2	16	39	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Smoke House Burger - 1/4 lb (Gluten Free Bun)	780	390	43	13	1	105	1540	59	6	14	37	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.



# SALADS



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
<b>SALADS</b>												
Crispy Chicken Club Salad	450	240	26	10	0	95	1020	21	4	4	32	Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Dressing: 1000 Island	190	180	20	3	0	15	460	2	0	2	1	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Dressing: Balsamic Vinaigrette (1.5 fl oz)	170	150	17	2.5	0	0	330	3	0	3	0	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Dressing: Bleu Cheese (1.5 fl oz)	220	210	23	4.5	0	25	460	2	0	2	2	Allergen Statement: Contains Egg, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Dressing: Fat-Free Italian (1.5 fl oz)	25	0	0	0	0	0	390	4	0	3	0	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Dressing: Honey Mustard (2 fl oz)	270	240	26	4	0	25	440	9	0	8	1	Allergen Statement: Contains Egg, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Dressing: House-Made Ranch (2 fl oz)	190	180	20	3	0	15	460	2	0	2	1	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Dressing: Thousand Island (1.5 fl oz)	190	160	18	3	0	20	360	6	0	5	0	Allergen Statement: Contains Egg, Soy. Gluten Statement: Flavoring may contain Gluten.
Garden Salad	140	80	9	6	0	30	300	6	2	3	10	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Grilled Chicken Club Salad	420	210	23	10	0	130	1130	10	3	3	43	Allergen Statement: Contains Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Peanuts, Tree Nuts, Shellfish, Wheat, Gluten.
Honey Mustard (1 fl oz)	130	120	13	2	0	10	220	5	0	4	0	Allergen Statement: Contains Egg, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
House-Made Ranch (1 fl oz)	100	90	10	1.5	0	5	230	1	0	1	1	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Side Salad	70	40	4.5	3	0	15	125	2	1	1	4	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Smoke House BBQ Sauce (1 fl oz)	80	45	5	1	0	5	250	7	0	6	1	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Smokin Chipotle Ranch (1 fl oz)	90	80	9	1.5	0	5	220	1	0	1	1	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Special Sauce (1 fl oz)	140	120	14	2	0	10	210	3	0	2	0	Allergen Statement: Contains Egg, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.



**BREAKFAST**



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
<b>BREAKFAST</b>												
Beef Philly Cheese Steak Scrambler	1350	890	99	29	1	765	2870	49	5	6	63	Analysis and allergens do not include choice of toast or butter. Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Flavoring may contain Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Biscuits Sausage & Gravy Scrambler	1750	1230	136	46	1	790	3340	68	1	8	58	Analysis and allergens do not include choice of toast or butter. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Breakfast BELT Sandwich (Sourdough)	900	510	56	14	0.5	250	1770	60	3	6	36	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Buttermilk Pancakes (2 Each, Bacon)	760	320	36	11	0	60	1420	93	1	46	17	Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Tree Nuts.
Buttermilk Pancakes (2 Each, Sausage)	1090	640	71	23	0	120	1950	93	1	45	18	Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Tree Nuts.
Buttermilk Pancakes (3 Each, Bacon)	910	390	44	13	0	60	1730	110	1	49	19	Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Tree Nuts.
Buttermilk Pancakes (3 Each, Sausage)	1240	710	78	24	0	120	2260	111	1	48	20	Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Tree Nuts.
Chicken Philly Cheese Steak Scrambler	1280	760	85	23	1	685	2740	47	5	5	79	Analysis and allergens do not include choice of toast or butter. Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Choice of 3 Ingredients Scrambler - Plain	840	580	64	13	0.5	635	430	37	3	1	25	Base preparation of create-your-own scrambler. Analysis and allergens do not include choice of toppings, toast or butter. Allergen Statement: Contains Egg, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Milk. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Country Sausage & Gravy Scrambler	1530	1090	121	34	0.5	740	2060	59	5	6	47	Analysis and allergens do not include choice of toast or butter. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Eggs My Way (1 Egg, Bacon)	840	590	66	14	0	225	950	37	3	1	23	Analysis and allergens do not include choice of toast or butter. Allergen Statement: Contains Egg, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Milk. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Eggs My Way (1 Egg, Sausage)	1160	910	101	25	0	290	1480	38	3	0	24	Analysis and allergens do not include choice of toast or butter. Allergen Statement: Contains Egg, Soy. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May contain Milk. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Eggs My Way (2 Eggs, Bacon)	910	640	71	16	0	415	1020	38	3	2	29	Analysis and allergens do not include choice of toast or butter. Allergen Statement: Contains Egg, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Milk. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Eggs My Way (2 Eggs, Sausage)	1230	950	106	27	0	475	1550	38	3	0	31	Analysis and allergens do not include choice of toast or butter. Allergen Statement: Contains Egg, Soy. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May contain Milk. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Eggs My Way (3 Eggs, Bacon)	980	680	75	17	0.5	600	1090	38	3	2	36	Analysis and allergens do not include choice of toast or butter. Allergen Statement: Contains Egg, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Milk. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Eggs My Way (3 Eggs, Sausage)	1310	990	110	29	0	660	1620	39	3	1	37	Analysis and allergens do not include choice of toast or butter. Allergen Statement: Contains Egg, Soy. Gluten Statement: Flavoring may contain Gluten. Cross Contact: May contain Milk. Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
French Toast (2 Slices, Bacon)	940	410	46	14	0	330	1440	100	2	47	29	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Tree Nuts.
French Toast (2 Slices, Sausage)	1270	720	80	25	0	390	1970	101	2	46	30	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Tree Nuts.
French Toast (3 Slices, Bacon)	1180	520	58	16	0.5	465	1740	122	4	50	37	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Tree Nuts.
French Toast (3 Slices, Sausage)	1510	840	93	28	0.5	530	2270	123	4	49	38	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Tree Nuts.





	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Johnny's Breakfast Sandwich (Biscuit/Bacon)	610	410	46	15	0.5	225	1090	27	1	4	22	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Johnny's Breakfast Sandwich (Biscuit/Sausage)	770	570	63	21	0.5	255	1350	28	1	3	22	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Johnny's Breakfast Sandwich (English Muffin/Bacon)	620	420	47	11	1	225	950	25	1	2	21	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Johnny's Breakfast Sandwich (English Muffin/Sausage)	780	580	64	17	1	255	1210	26	1	1	22	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.



**GRAB N GO**



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
<b>GRAB N GO</b>												
Grab and Go Bacon Burrito	1100	590	66	20	0	420	2430	87	6	5	37	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Grab and Go Burger Burrito	1240	660	74	22	1	465	2320	92	7	7	49	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Grab and Go Chicken Tender and Bacon Sandwich	930	470	52	14	0	115	1660	71	4	6	44	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Grab and Go Egg & Cheese Burrito	1010	540	59	17	0	400	2080	86	6	4	30	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Grab and Go Grilled Chicken Club Sandwich	790	390	44	13	0	130	1580	52	3	6	47	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Tree Nuts, Shellfish.
Grab and Go Grilled Chicken Cobb Salad	1000	650	72	23	0	360	1780	30	14	9	60	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Tree Nuts, Shellfish, Wheat, Gluten.
Grab and Go Grilled Chicken with Cool Ranch and Bacon Salad	760	470	52	19	0	175	1710	21	7	8	52	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Tree Nuts, Shellfish, Wheat, Gluten.
Grab and Go Ham and Cheddar Cheese Sandwich	650	310	35	11	0	100	1570	52	3	6	34	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Grab and Go Oven Roasted Turkey Sandwich	530	170	19	7	0	75	2260	52	3	5	35	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Grab and Go Sausage Burrito	1260	750	83	25	0	450	2690	87	6	4	37	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Grab and Go Southwest Grilled Chicken Salad	990	640	71	25	0	200	1840	30	14	8	59	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Tree Nuts, Shellfish, Wheat, Gluten.
Grab and Go Southwest Turkey and Bacon Sandwich	620	230	26	10	0	100	2700	51	3	6	41	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.



**OTHER**



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
<b>OTHER</b>												
Avocado (3 slices)	80	70	7	1	0	0	0	4	3	0	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Bacon (2 Slices)	90	60	7	2.5	0	20	350	1	0	1	6	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
BBQ Sauce (1 fl oz)	60	0	0	0	0	0	260	13	0	11	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Caramelized Onions (1 oz)	20	10	1	0	0	0	45	3	0	1	0	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur. Cross Contact: May Contain Milk.
Cheese Sauce (2 fl oz)	70	45	5	2.5	0	0	560	6	0	1	0	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Cheese, American (1 Slice)	70	50	6	3.5	0	20	300	1	0	0	3	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Cheese, Cheddar (1 Slice)	80	60	6	4	0	20	125	0	0	0	5	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Cheese, Pepper Jack (1 Slice)	80	50	6	4	0	25	130	0	0	0	5	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Cheese, Provolone (1 Slice)	70	50	6	3	0	15	160	1	0	0	5	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Cheese, Swiss (1 Slice)	80	50	6	4	0	20	40	1	0	0	6	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Crinkle Cut Pickles (1 oz)	5	0	0	0	0	0	230	1	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Grilled Mushrooms (2 oz)	30	20	2	0	0	0	140	3	1	1	1	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur. Cross Contact: May contain Milk.
Ketchup (1 fl oz)	40	0	0	0	0	0	320	10	0	8	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Leaf Lettuce (1 Each)	5	0	0	0	0	0	5	1	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Mayonnaise (1 fl oz)	180	180	19	3	0	10	170	0	0	0	0	Allergen Statement: Contains Egg, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Mustard (0.5 fl oz)	10	5	0.5	0	0	0	170	1	0	0	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Original All-Meat Chili (2 fl oz)	130	100	11	5	0.5	20	250	4	1	1	5	Allergen Statement: Contains Soy. Gluten Statement: Contains Gluten.
Relish (0.5 fl oz)	15	0	0	0	0	0	80	4	0	4	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Rockin Red Sauce (1 fl oz)	35	0	0	0	0	0	460	9	0	6	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Sliced Onions (1 oz)	10	0	0	0	0	0	0	3	0	1	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Smoke House BBQ Sauce (1 fl oz)	80	45	5	1	0	5	250	7	0	6	1	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Smokin Chipotle Ranch (1 fl oz)	90	80	9	1.5	0	5	220	1	0	1	1	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Sourdough Onion Rings (2 Each)	100	40	4.5	1	0	0	220	12	1	1	1	Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Includes a deep fried item, which may contain any of the 8 major food allergens and gluten.
Special Sauce (1 fl oz)	140	120	14	2	0	10	210	3	0	2	0	Allergen Statement: Contains Egg, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Spicy Jalapenos (1 oz)	5	0	0	0	0	0	460	1	0	1	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Tomato (1 slice)	5	0	0	0	0	0	0	1	0	1	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.