



Nutrition is all about choices!



ITEM	CALORIES kcal	CAL FROM FAT kcal	TOTAL FAT g	SATURATED FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGARS g	PROTEIN g
HOT ENTREES											
ALL-AMERICAN ANGUS CHEESEBURGER	520	210	33	13	2	90	760	34	2	8	26
BARTHOLDI BACON CHEESEBURGER	610	270	40	16	2	110	1090	34	2	8	26
THE BEAST BURGER	1260	640	91	36	4	260	2820	46	2	9	66
ORGANIC VEGGIE BURGER	330	90	10	1	0	0	1000	54	6	2	11
LARGE HOTDOG	380	220	26	10	0	55	860	21	1	3	15
PIZZA											
CHEESE	760	200	22	12	0	40	1700	104	6	14	36
PEPPERONI	820	240	28	15	0	55	1900	104	6	14	38
CHICKEN											
HOT 'N SPICY CHICKEN SANDWICH	310	60	7	1	0	30	1060	46	2	8	19
GRILLED CHICKEN SANDWICH	370	100	12	6	0	80	960	34	2	8	35
CHICKEN TENDERS	520	240	28	4	0	100	1040	32	0	0	40
HONEY DIPPED FRIED CHICKEN	930	380	45	12	1	430	2310	61	5	16	70
TERIYAKI CHICKEN	270	50	6	1	0	60	930	25	4	6	27
SEAFOOD											
BAKED-POTATO CRUSTED COD SANDWICH	470	270	30	7	0	70	1460	52	3	11	34
FISH & CHIPS	710	370	40	7	0	39	920	70	4	4	14
TERIYAKI SALMON	270	60	7	1	0	65	610	25	4	6	25
PANINI											
FRESH MOZZARELLA & BASIL	700	340	38	14	0	75	1640	59	3	6	32
SOUTHWEST CHICKEN	480	140	15	7	0	70	1240	51	2	2	35
HONEY TURKEY	560	240	27	7	0	60	1530	63	3	11	36
ITALIAN PANINI	750	370	41	8	0	120	2190	54	3	4	39
ORGANIC VEGETARIAN	370	90	9	4	0	20	950	58	6	5	15
COLD SANDWICHES											
CHICKEN CAESAR WRAP	710	390	44	9	0	75	1870	50	3	4	109
SMOKED TURKEY & SWISS SANDWICH	410	140	16	5	0	10	980	47	3	8	28
CHICKEN PROVOLONE SANDWICH	520	190	22	6	0	75	1240	44	2	2	36
ASIAGO TURKEY SANDWICH	450	140	16	7	0	70	1000	48	4	4	35
BLACK FOREST HAM & MUESTER CHEESE	540	190	21	7	0	70	1580	57	4	11	29
MAROCCAN CHICKEN SANDWICH	320	35	4	0	0	45	880	47	4	3	27
FRESH SALADS											
COBB SALAD	330	170	19	10	0	145	1750	8	2	6	37
SOUTHWESTERN CHICKEN SALAD	490	320	36	6	0	75	1210	18	3	7	26
CHEF SALAD	200	70	7	2	0	225	740	9	3	6	26
CHICKEN CAESAR SALAD	260	100	11	5	0	50	860	13	2	4	27
CHICKEN MILANESE SALAD	210	80	9	2	0	50	940	19	3	4	21
JR RANGER MEALS											
JR CHEESEBURGER	600	270	26	13	0	70	650	29	4	4	19
JR CHICKEN TENDERS	420	120	14	2	0	50	520	16	0	0	20
JR TURKEY HOTDOG	320	15	2	0	0	10	700	24	3	4	12
SIDES											
SIGNATURE FRENCH FRIES	430	200	22	4	0	0	310	54	4	1	5
CHILI CHEESE FRIES	500	240	27	6	0	0	900	61	5	3	8
ONION RINGS	520	260	29	5	0	0	940	59	3	5	6
SIDE SALAD	60	30	4	1	0	0	280	6	2	4	1

Less than 550 cals Vegetarian



Less than 550 cals

- Cheeseburger
- Organic Veggie Burger
- Large Hotdog
- Hot 'n Spicy Chicken Sandwich
- Grilled Chicken Sandwich
- Chicken Tenders
- Teriyaki Chicken
- Fish (Cod) Sandwich
- Teriyaki Salmon
- Southwest Chicken Panini
- Organic Vegetarian Panini
- Most of our Cold Sandwiches
- Fresh Salads
- JR Chicken Tenders
- JR Turkey Hotdog



Vegetarian

- Organic Veggie Burger
- Cheese Pizza
- Fresh Mozzarella & Basil Panini
- Organic Vegetarian Panini
- Signature French Fries
- Onion Rings
- Side Salad



Organics

- Organic Veggie Burger
- Organic Vegetarian Panini
- Orange juice (freshly squeezed daily)
- Lettuce, tomatos, onions
- Domino sugar
- Kid's juices
- Apple juice
- Whole fruit
- Side Salad
- Sauerkraut
- Shade grown coffee
- Milk, cream, sugar
- Organic milk products (antibiotics and BST free, dairy raised on organic feed)