



NUTRITIONAL INFORMATION GUIDE

	Serving Size	Gluten Free	Calories	Fat	Calories from Fat	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sugar
Original Grand Slam®	14 oz		580-880	52	470	0	15	425	2110	71	3	32	13
Pancakes	3		550	10	90	0	2	0	1810	102	3	11	18
The Grand Slamwich®	15 oz		900-1270	91	820	1	27	490	2940	67	3	45	8
Sausage, Egg & Cheese Brioche Melt	7 oz		490-530	34	310	0	10	340	930	36	1	21	6
Bacon, Egg & Cheese Brioche Melt	8 oz		400-710	51	450	0	16	345	1530	38	1	28	6
Ham, Egg & Swiss Brioche Melt	8 oz		430-690	47	430	0	15	350	1310	37	1	31	5
Egg White Ranchero Brioche Melt	9 oz		390	19	170	0	7	110	740	41	3	17	7
Breakfast Scramble Burger	14 oz		1090-1140	82	740	2	26	290	1690	49	3	53	5
Omelette - Plain	6 oz	X	310	24	220	0	7	620	450	1	0	18	0
American Cheese	1 sl	X	80	7	63	0	4	20	396	1	0	4	0
Swiss Cheese	1 sl	X	110	7	65	0	5	27	58	1	0	8	0
Pepper Jack Cheese	1 sl	X	80	6	54	0	4	20	185	0	0	5	0
Tomatoes	2 oz	X	14	0	0	0	0	0	4	3	1	1	2
Fajita Blend	1 oz	X	18	0	0	0	0	0	62	4	1	0	2
Ham	2 oz	X	60	3	30	0	1	20	468	1	0	6	0
Red Onions	1 oz	X	10	0	0	0	0	0	0	2	0	0	2
Sausage Crumbles	1 oz	X	100	9	81	0	3	10	250	0	0	3	0
Bacon Crumbles	4 sl	X	140	10	90	0	4	30	460	2	0	10	0
Bacon Avocado Club Burger	16 oz		1160-1210	81	730	1.5	30	190	1080	56	9	69	11
The Den Burger (Classic Cheeseburger)	12 oz		690	41	370	2	19	235	500	39	3	43	6
The Double Den Burger	17 oz		1050	66	600	4	30	355	570	40	3	72	7
Bacon Cheeseburger	12 oz		740-790	49	440	2	21	260	860	38	2	50	6
The (Little) Den Burger	10 oz		560	32	290	2	15	195	540	37	2	34	5
Cali Chicken Sandwich	13 oz		790	43	380	0	7	110	1720	57	9	47	9
Veggie Mash Up Burger	9 oz		570	12	306	0	6	105	1050	52	8	12	8
Chick-N-Bacon Brioche Melt	9 oz		940	58	520	0	15	195	1590	70	3	39	6
BBQ Pork Tacos	15 oz		840	36	330	0	9	90	3160	99	9	30	51
Mojo Pork Tacos	11 oz		540	31	280	0	9	85	1810	35	5	28	6
Buffalo Chicken Tacos	13 oz		930	50	450	0	14	80	3050	88	9	33	11
Guacamole Chicken Burrito	16 oz		1030	63	570	0	21	150	2060	57	9	56	8
Veggie Mash Up Burrito	13 oz		790	54	480	0.5	16	150	1540	66	14	27	10
Grilled Chicken Panini	14 oz		940-990	46	410	0	13	145	1760	66	3	60	8
Chipotle Breakfast Burrito	15 oz		760-970	62	550	0.5	23	500	2530	63	7	44	8
Chipotle Bacon Cheeseburger	16 oz		1320	76	690	0	26	280	2510	102	5	67	44
Bruschetta Chicken Wrap	14 oz		850	39	350	0	9	100	3400	76	14	49	7

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SALADS													
Pecan Cranberry Chicken Salad w/Dressing	12 oz	X	570	27	240	0	10	130	1310	31	3	50	31
Southwestern Chicken Salad w/Dressing	15 oz		660	41	370	0	8	105	1140	32	10	43	5
Bruschetta Chicken Salad w/Dressing	14 oz		570	32	280	0	4.5	100	1520	36	10	42	6
Fruit Cup	8 oz	X	80	.5	4	0	0	0	20	19	3	1	15
Yogurt Parfait	10 oz	X	380	5	40	0	0	5	200	79	5	9	43
MUNCHIES													
Mozzarella Sticks w/Red Sauce	5 pcs		370	14	120	0	7	45	1740	40	2	24	4
Mozzarella Sticks w/Red Sauce	8 pcs		580	21	190	0.5	11	70	2670	62	3	39	5
Chicken Strips w/Dipping Sauce	3 pcs		630	36	324	0	5	80	1170	45	5	25	16
Chicken Strips w/Dipping Sauce	5 pcs		910	48	432	0	6	120	1820	66	8	42	22
Fried Green Beans	4.5 oz		570	20	180	0	4	0	1340	49	3	5	5
French Fries	6 oz	X	510	28	250	0	5	0	110	59	6	6	0
Sweet Potato Fries	6 oz	X	580	31	280	0	5	0	370	72	10	4	27
Onion Rings	10 pcs		820	49	441	0	0	0	1819	90	5	11	10
Potato Rounds	6 pcs	X	320	20	180	0	3	0	880	35	4	3	0
SHAKES													
Chocolate Milkshake	16 oz	X	930	48	430	0	27	185	280	113	0	19	88
Maple Bacon Milkshake	16 oz	X	990	53	480	0	28	195	630	110	0	19	81
OREO® Milkshake	16 oz		1020	54	490	0	28	175	470	123	1	14	84
Vanilla Milkshake	16 oz	X	860	48	430	0	27	185	280	95	0	14	69
BAKERY													
Chocolate Chunk Cookie	4.5 oz		460	16	144	0	7	45	310	79	2	6	27
Oatmeal Cookie	4.5 oz		520	20	180	0	8	40	310	81	1	7	45
S'mores Cookie	4.5 oz		540	23	207	0	11	45	390	80	3	19	53

*Does not include condiments/soups/bread service

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.