



NUTRITIONAL INFORMATION GUIDE

	Serving Size	Gluten Free	Calories	Fat (g)	Calories from Fat	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)	Sugar (g)
BREAKFAST													
Bacon, Egg & Cheese Brioche Melt	7 oz		590	35	310	0.5	12	295	1320	43	1	26	11
Black Bean Breakfast Burrito	17 oz		1140	71	630	0	21	530	2280	82	17	40	4
Chipotle Breakfast Burrito	16 oz		1090	73	650	0	25	575	2370	61	3	43	6
Egg White Ranchero Brioche Melt	8 oz		450	21	190	0	8	35	750	44	2	20	10
French Toast Slam®	16 oz		1080	70	630	0	22	875	2010	66	3	45	14
French Toast Slices	2		590	30	270	0	9	340	1000	63	2	20	13
Ham, Egg & Cheese Brioche Melt	7 oz		550	29	260	0.5	11	290	1090	42	1	27	10
Hearty 9-Grain Pancakes	2		410	11	100	0	4	40	880	68	5	10	21
Original Grand Slam®	17 oz		1050	52	460	0	17	590	2450	109	3	36	42
Pancakes	3 stack		650	14	130	0	5	90	2070	115	3	15	30
Slam Melt	9 oz		720	45	410	0.5	16	325	1840	44	1	32	11
BURGERS													
Bacon Avocado Club Burger	15 oz		990	62	560	2	22	160	1110	54	8	55	11
Bacon Cheeseburger (add cheese choice)	12 oz		720	40	360	1.5	16	150	1040	44	3	44	11
Black Bean Quinoa Burger (add optional cheese choice)	10 oz		520	20	180	0	4	10	1120	68	17	16	11
Breakfast Scramble Burger	14 oz		1160	79	710	2	27	420	2040	56	3	56	10
Chipotle Bacon Cheeseburger	13 oz		1340	89	800	2	28	185	1690	84	4	51	30
Den Burger (add cheese choice)	11 oz		610	32	280	1.5	14	130	690	44	3	37	10
Double Den Burger (add cheese choice)	12 oz		730	40	360	2	17	170	710	44	3	47	10
Lil' Den Burger (add cheese choice)	9 oz		500	23	210	1	10	90	600	43	3	28	10
Moons Over My Hammy® Burger	19 oz		1240	76	680	2.5	31	760	2230	65	2	72	13
American Cheese	1 sl	X	80	7	60	0	4	20	390	1	0	4	1
Pepper Jack Cheese	1 sl	X	80	6	60	0	4	20	140	0	0	5	0
Swiss Cheese	1 sl	X	80	6	60	0	4	20	45	0	0	6	0
ROLLED, PRESSED & MORE													
Black Bean Quinoa Wrap	14 oz		790	43	390	0	8	5	1720	84	20	17	5
Cajun Chicken Wrap	13 oz		1020	62	550	0	13	85	1810	79	6	39	5
Cali Chicken Sandwich	14 oz		770	45	400	0	8	80	1250	53	8	43	10
Chick-N-Bacon Brioche Melt	9 oz		870	52	470	0	13	105	1920	65	2	38	15
Fried Cheese Melt	9 oz		720	39	350	1	17	80	2360	67	3	28	13
Guacamole Chicken Burrito	16 oz		960	56	510	0	19	135	2030	62	6	48	6
Turkey BLT Sandwich	11 oz		700	38	340	0	9	80	1920	52	5	37	11
SALADS													
Crispy Chicken Salad with Honey Mustard Dressing	13 oz		730	47	430	0	8	100	2140	43	4	37	12
Southwestern Chicken Salad with Ranch Dressing	14 oz		760	61	550	0	12	90	1240	24	6	34	5

GF indicates food options that are GLUTEN FREE. Menu items marked as GF meet the FDA specified definition of less than 20 part per million for a gluten free claim. Please note that our restaurants are not set up as a strictly gluten free environment. Due to shared preparation and cooking areas in our kitchens and the risk of cross-contact, we cannot guarantee that any item is free of any allergen. Nutritional information does not include additional condiments or ingredients. Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

	Serving Size	Gluten Free	Calories	Fat (g)	Calories from Fat	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)	Sugar (g)
MUNCHIES													
Chicken Tenders with Honey Mustard	3 pc		580	39	350	0	5	75	1690	35	2	27	8
Chicken Tenders with Honey Mustard	5 pc		850	55	490	0	7	115	2690	50	3	45	8
French Fries	4 oz		340	18	170	0	3.5	0	200	40	4	4	0
Mozzarella Sticks with Red Sauce	5 pc		370	15	130	0	8	45	1730	41	2	20	5
Mozzarella Sticks with Red Sauce	8 pc		580	23	200	0.5	13	75	2650	63	2	32	7
Onion Rings with Den Sauce	6 oz		620	49	440	0	8	20	1130	39	3	5	8
Potato Rounds	6 pc	X	240	15	130	0	2	0	660	26	3	2	0
Sweet Potato Fries	4 oz		360	16	140	0	2.5	0	380	51	7	3	19
SAUCES & SIDES													
Balsamic Vinaigrette, Low-Fat	1.5 oz	X	60	2	20	0	0	0	240	12	0	0	11
BBQ Sauce	1.5 oz	X	110	0	0	0	0	0	470	30	1	0	28
Buffalo Sauce	1.5 oz	X	110	12	110	0	2	0	1010	1	0	0	0
Chipotle Sauce	1.5 oz	X	240	27	240	0	4.5	15	190	3	0	0	0
Den Sauce	1.5 oz	X	220	22	200	0	3.5	20	420	4	0	0	3
Go Green (add diced avocado)	1 oz	X	60	5	50	0	1	0	0	3	3	1	0
Honey Mustard Sauce	1.5 oz	X	180	15	130	0	2	15	190	12	0	0	8
Mango Habanero Sauce	1.5 oz	X	100	0	0	0	0	0	150	27	0	0	25
Ranch Dressing	1.5 oz	X	200	21	190	0	4	10	290	1	0	0	0
Pancake Syrup	1.5 oz	X	110	0	0	0	0	0	40	29	0	0	21
Pig Out (2 slices of bacon)	2 sl	X	100	8	70	0	2	20	350	1	0	7	1
Salsa	1.5 oz	X	10	0	0	0	0	0	200	2	0	1	1
Sour Cream	1 oz	X	45	4	40	0	2	15	5	1	0	1	0
Wrapped Up (lettuce wrap)	2 oz	X	5	0	0	0	0	0	15	1	1	1	0
SHAKES & SUNDAES													
Cake Batter Milk Shake	16 fl oz		1150	57	510	0	40	180	920	151	0	14	125
Caramel Oatmeal Cookie Sundae	8 oz		730	32	280	0	16	80	350	107	5	10	62
Chocolate Chip Cookie Sundae	9 oz		860	40	360	0	22	85	380	124	4	10	82
Chocolate Milk Shake	16 fl oz	X	960	48	430	0	32	180	240	121	0	18	94
Maple Bacon Milk Shake	16 fl oz	X	1020	56	500	0	35	205	690	113	0	20	86
OREO® Milk Shake	16 fl oz		1020	57	510	0	34	180	530	118	1	15	89
S'mores Cookie Sundae	9 oz		830	36	320	0	20	85	420	125	4	9	87
Vanilla Milk Shake	16 fl oz	X	810	48	430	0	32	180	320	85	0	13	70
BAKERY													
Chocolate Chip Cookie	1 ea		570	28	250	0	14	45	290	78	3	7	48
Oatmeal Cookie	1 ea		510	19	170	0	8	40	250	82	5	8	42
S'mores Cookie	1 ea		540	23	210	0	12	45	330	79	3	6	53