



Nutritional Information

Recipe Name	Calories	Cals fr fat	TotalFat	Sat Fat	TransFat	Choles	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron	Allergens
BREAKFAST																
Breakfast Burrito, Egg/Potato/Cheese/Green Chile	350	120	14g	4.5g	0g	185mg	1140mg	45g	3g	5g	14g	8%	35%	8%	8%	E, M, S, W
Breakfast Burrito, Egg/Potato/Cheese/Green Chile w/Bacon	390	160	17g	6g	0g	195mg	1230mg	45g	3g	5g	17g	8%	35%	8%	8%	E, M, S, W
Breakfast Burrito, Egg/Potato/Cheese/Green Chile w/Chorizo	380	150	17g	6g	0g	190mg	1270mg	45g	3g	5g	16g	15%	35%	10%	10%	E, M, S, W
Breakfast Burrito, Egg/Potato/Cheese/Green Chile w/Sausage	380	160	17g	6g	0g	190mg	1270mg	45g	3g	5g	16g	8%	35%	10%	8%	E, M, S, W
Breakfast Sandwich, Bacon & Cheddar	540	270	32g	9g	0g	405mg	910mg	37g	0g	4g	29g	20%	0%	20%	20%	E, M, W
Breakfast Sandwich, Tomato & Pesto	570	300	35g	10g	0g	395mg	1010mg	39g	0g	6g	27g	30%	8%	30%	20%	E, M, S, W
Breakfast, Sides, Wild Spuds	280	130	16g	3.5g	0g	0mg	480mg	32g	4g	<1g	4g	0%	15%	0%	8%	W
BURGERS																
Black Bean Burger, Sicilian	520	100	24g	6g	0g	25mg	960mg	39g	4g	7g	26g	15%	8%	30%	25%	M, S, W
Black Bean Burger, Southwestern	430	130	15g	1.5g	0g	0mg	880mg	46g	9g	7g	21g	8%	10%	25%	S, W	
Burger, Bacon Cheeseburger	600	280	31g	12g	0.5g	100mg	1220mg	42g	<1g	6g	33g	20%	10%	30%	20%	E, M, W
Burger, Bambino	250	100	11g	2.5g	0g	30mg	360mg	25g	1g	3g	11g	0%	4%	2%	15%	M, S, W
Burger, Bambino Cheeseburger	300	130	15g	4g	0g	40mg	600mg	26g	1g	3g	13g	4%	4%	10%	15%	M, S, W
Burger, Big Daddy Bacon Cheeseburger	950	530	59g	21g	1.5g	185mg	1350mg	44g	0g	8g	56g	10%	0%	40%	30%	M, S, W
Burger, Classic Double Cheeseburger	530	210	25g	10g	0.5g	90mg	1340mg	44g	<1g	8g	29g	15%	8%	30%	20%	M, S, W
Burger, Deluxe Burger	450	170	19g	4.5g	0.5g	65mg	840mg	46g	1g	9g	23g	10%	10%	8%	20%	S, W
Burger, Deluxe Cheeseburger	560	240	27g	10g	0.5g	90mg	1420mg	46g	<1g	9g	29g	15%	8%	30%	20%	M, S, W
Burger, Double Cheeseburger	800	390	44g	17g	1.5g	160mg	1730mg	47g	1g	9g	47g	20%	10%	40%	30%	M, S, W
Burger, Guacamole Bacon Burger	540	250	26g	7g	0.5g	70mg	770mg	50g	6g	8g	29g	10%	15%	10%	20%	W
Burger, Mushroom Swiss Burger, Single	490	200	23g	9g	0.5g	80mg	740mg	42g	1g	5g	29g	4%	0%	25%	20%	M, S, W
Burger, Plain	370	120	14g	4.5g	0.5g	60mg	420mg	38g	0g	5g	22g	0%	0%	6%	20%	W
Burger, West Coast Double Cheeseburger	550	230	27g	10g	0.5g	90mg	1200mg	44g	<1g	7g	29g	15%	8%	30%	20%	E, M, S, W
CHICKEN																
Chicken Tenders, (all natural), portion 3 pc	390	160	18g	4g	0g	75mg	1070mg	30g	1g	4g	27g	0%	0%	0%	4%	E, M, S, W
Chicken Tenders, (all natural), portion 5 pc	620	240	27g	6g	0g	125mg	1780mg	50g	2g	8g	45g	0%	0%	0%	6%	E, M, S, W
Chicken, Buffalo Crispy Sandwich	620	290	33g	6g	0g	55mg	2120mg	59g	1g	10g	21g	20%	10%	4%	15%	E, M, S, W
Chicken, Crispy Sandwich	520	180	21g	3g	0g	55mg	1170mg	60g	1g	9g	24g	6%	6%	4%	15%	E, M, S, W
Chicken, Guacamole Crispy Chicken Sandwich	640	290	32g	6g	0g	60mg	1530mg	66g	6g	9g	28g	10%	10%	10%	15%	E, M, S, W
Chicken, Spicy Crispy Sandwich	530	210	23g	3.5g	0g	55mg	1280mg	58g	1g	9g	21g	10%	10%	4%	15%	E, M, S, W
Chicken, Tuscan Chicken Sandwich	480	180	22g	6g	0g	75mg	1100mg	45g	1g	5g	29g	15%	10%	25%	10%	E, M, S, W
KIDS MEALS																
Kid's Apple Juice	100	0	0g	0g	0g	0mg	10mg	24g	0g	23g	0g	0%	30%	0%	4%	
Kid's Apple Sauce	60	0	0g	0g	0g	0mg	15mg	16g	1g	14g	0g	0%	110%	0%	0%	
Kid's Chicken Tenders	270	120	14g	3g	0g	50mg	710mg	20g	<1g	3g	18g	0%	0%	0%	2%	E, M, S, W
Kid's, Burger	250	90	10g	2.5g	0g	30mg	400mg	26g	1g	4g	11g	4%	4%	2%	15%	S, W
Kid's, Cheeseburger	290	120	13g	4.5g	0g	40mg	610mg	27g	1g	4g	13g	6%	4%	10%	15%	M, S, W
Kid's, Fries, Natural Cut	220	100	12g	3g	0g	0mg	280mg	28g	4g	<1g	2g	0%	10%	0%	4%	S
Kid's, Fries, Wild	250	140	16g	4g	0g	0mg	550mg	26g	2g	1g	2g	0%	10%	0%	2%	W
Kid's, Mac & Cheese	240	70	8g	3.5g	0g	55mg	330mg	36g	3g	5g	10g	4%	0%	10%	10%	M, W
Kid's, Mini Corn Dogs	340	160	18g	4.5g	0g	40mg	680mg	33g	4g	11g	11g	0%	0%	10%	8%	E, S, W
Kid's Corn Dog																
FROZEN CUSTARD																
Frozen Custard, Flavors, Butter Pecan, Single Cake Cone	560	320	36g	12g	0g	115mg	370mg	51g	2g	38g	10g	15%	0%	25%	2%	E, M, S, W
Frozen Custard, Flavors, Butter Pecan, Single Cup	540	320	36g	12g	0g	115mg	360mg	46g	2g	38g	10g	15%	0%	25%	0%	E, M
Frozen Custard, Flavors, Butter Pecan, Single Waffle Cone	630	330	37g	12g	0g	115mg	390mg	66g	3g	45g	12g	15%	0%	25%	4%	E, M, S, W
Frozen Custard, Flavors, Chocolate Chocolate Chip, Single Cake Cone	590	240	26g	19g	0g	95mg	260mg	81g	1g	62g	8g	20%	0%	60%	2%	E, M, S, W
Frozen Custard, Flavors, Chocolate Chocolate Chip, Single Cup	630	260	29g	21g	0g	120mg	280mg	84g	1g	69g	9g	20%	0%	70%	0%	E, M
Frozen Custard, Flavors, Chocolate Chocolate Chip, Single Waffle Cone	720	270	30g	21g	0g	120mg	320mg	104g	2g	76g	11g	20%	0%	70%	4%	E, M, S, W
Frozen Custard, Flavors, Oregon Blackberry, Single Cake Cone	450	160	18g	11g	0g	115mg	290mg	64g	0g	51g	7g	15%	0%	35%	2%	E, M, S, W
Frozen Custard, Flavors, Oregon Blackberry, Single Cup	420	160	18g	11g	0g	115mg	280mg	59g	0g	51g	7g	15%	0%	35%	0%	E, M
Frozen Custard, Flavors, Oregon Blackberry, Single Waffle Cone	510	170	19g	11g	0g	115mg	310mg	79g	1g	58g	9g	15%	0%	35%	4%	E, M, S, W
Frozen Custard, Flavors, Vanilla, Single Cake Cone	380	160	18g	11g	0g	115mg	200mg	48g	0g	37g	7g	15%	0%	25%	2%	E, M, S, W
Frozen Custard, Flavors, Vanilla, Single Cup	360	160	18g	11g	0g	115mg	190mg	43g	0g	37g	7g	15%	0%	25%	0%	E, M
Frozen Custard, Flavors, Vanilla, Single Waffle Cone	450	170	19g	11g	0g	115mg	220mg	63g	<1g	44g	9g	15%	0%	25%	4%	E, M, S, W
Frozen Custard, Flavors, Vanilla, Pint	910	410	45g	27g	0g	295mg	480mg	110g	0g	95g	18g	35%	0%	70%	0%	E, M
MALTS and SHAKES																
Malt, Chocolate Large	1380	460	51g	30g	0g	310mg	690mg	207g	4g	167g	26g	40%	0%	80%	15%	E, M, W
Malt, Chocolate, Small	1100	380	42g	24g	0g	245mg	570mg	159g	3g	129g	22g	30%	0%	70%	10%	E, M, W
Malt, Oregon Blackberry, Large	1280	450	50g	29g	0g	310mg	880mg	182g	<1g	154g	24g	40%	2%	110%	0%	E, M, W
Malt, Oregon Blackberry, Small	1030	370	41g	24g	0g	245mg	700mg	143g	<1g	120g	21g	30%	2%	90%	0%	E, M, W
Malt, Strawberry, Large	1230	450	50g	29g	0g	310mg	610mg	178g	4g	152g	24g	40%	120%	80%	6%	E, M, W
Malt, Strawberry, Small	1050	370	41g	24g	0g	245mg	520mg	155g	4g	133g	21g	30%	120%	70%	6%	E, M, W
Malt, Vanilla Large	1070	450	50g	29g	0g	310mg	610mg	134g	<1g	111g	23g	40%	0%	80%	0%	E, M, W
Malt, Vanilla, Small	890	370	41g	24g	0g	245mg	520mg	111g	<1g	92g	20g	30%	0%	70%	0%	E, M, W
Shake, Chocolate Large	1270	440	49g	29g	0g	305mg	590mg	189g	3g	155g	22g	40%	0%	70%	15%	E, M
Shake, Chocolate, Small	990	350	39g	23g	0g	240mg	470mg	141g	2g	117g	18g	30%	0%	60%	10%	E, M
Shake, Oregon Blackberry, Large	1170	430	48g	28g	0g	305mg	770mg	164g	0g	142g	20g	40%	2%	100%	0%	E, M
Shake, Oregon Blackberry, Small	920	350	39g	23g	0g	240mg	590mg	125g	0g	108g	17g	30%	2%	80%	0%	E, M
Shake, Strawberry, Large	1120	430	48g	28g	0g	305mg	510mg	159g	3g	140g	21g	40%	120%	70%	6%	E, M
Shake, Strawberry, Small	890	350	39g	23g	0g	240mg	420mg	122g	2g	107g	17g	30%	80%	60%	4%	E, M
Shake, Vanilla Large	1010	450	50g	30g	0g	310mg	540mg	119g	0g	103g	22g	40%	0%	80%	0%	E, M
Shake, Vanilla, Small	790	350	39g	23g	0g	240mg	420mg	93g	0g	80g	17g	30%	0%	60%	0%	E, M
SIDES																
Side Sauce, BBQ	30	0	0g	0g	0g	0mg	270mg	8g	0g	7g	0g	0%	0%	0%	0%	S

Compos	Low	High	Sandwich
Regular Combo			
Breakfast Burrito, Egg/Potato/Cheese/Green Chile	630	830	350
Breakfast Burrito, Egg/Potato/Cheese/Green Chile w/Bacon	670	870	390
Breakfast Burrito, Egg/Potato/Cheese/Green Chile w/Chorizo	660	860	380
Breakfast Burrito, Egg/Potato/Cheese/Green Chile w/Sausage	660	860	380
Breakfast Sandwich, Bacon & Cheddar	820	1020	540
Breakfast Sandwich, Tomato & Pesto	850	1050	570
Calorie Additions			
Compos			
	Low	High	Sandwich
Black Bean Burger, Sicilian			
Black Bean Burger, Sicilian	240	580	
Black Bean Burger, Southwestern	760	1100	550
Burger, Bacon Cheeseburger	670	1010	460
Burger, Bambino	840	1180	600
Burger, Bambino Cheeseburger	490	830	250
Burger, Big Daddy Bacon Cheeseburger	540	880	300
Burger, Classic Double Cheeseburger	1190	1530	950
Burger, Classic Double Cheeseburger	770	1110	530
Burger, Deluxe Burger	690	1030	450
Burger, Deluxe Cheeseburger	800	1140	560
Burger, Double Cheeseburger	1040	1380	800
Burger, Guacamole Bacon Burger	780	1120	540
Burger, Mushroom Swiss Burger, Single	730	1070	490
Burger, Plain	610	950	370
Burger, West Coast Double Cheeseburger	790	1130	550
Bambino 3 Pack	990	1330	750
Chicken Tenders, (all natural), portion 3 pc			
Chicken Tenders, (all natural), portion 3 pc	630	1100	390
Chicken Tenders, (all natural), portion 5 pc	860	1330	620
Chicken, Buffalo Crispy Sandwich	860	1200	620
Chicken, Crispy Sandwich	760	1100	520
Chicken, Guacamole Crispy Chicken Sandwich	880	1220	640
Chicken, Spicy Crispy Sandwich	770	1110	530
Chicken, Tuscan Chicken Sandwich	720	1060	480

