



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	6 oz		520	31	280	0.5	11	285	1280	37	1	24	7
Chipotle Breakfast Burrito	16 oz		1100	77	690	1	27	575	2110	57	3	43	5
French Toast Slam®	15 oz		1020	70	620	0	21	875	1880	55	3	43	12
French Toast Slices	2		530	29	260	0	8	340	870	51	1	18	11
Ham, Egg & Cheese Brioche Melt	7 oz		480	26	230	0.5	9	280	1050	36	1	25	6
Hearty 9-Grain Banana Pancakes	2		480	12	110	0	4.5	40	880	83	7	11	30
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		650	41	370	0.5	14	310	1800	37	1	31	8
BURGERS													
Bacon Avocado Club Burger	14 oz		960	60	540	2	21	150	1100	54	8	53	11
Bacon Cheeseburger (add cheese choice)	11 oz		620	34	310	1.5	14	130	990	38	2	40	8
Beyond Burger	12 oz		760	51	450	0	14	30	1520	48	7	32	7
Breakfast Scramble Burger	13 oz		1120	80	720	2	26	400	1840	47	2	51	7
Chipotle Bacon Cheeseburger	12 oz		1240	83	750	2	26	165	1650	77	4	47	26
Den Burger (add cheese choice)	10 oz		520	26	230	1.5	11	110	640	37	2	33	7
Double Den Burger (add cheese choice)	11 oz		630	34	300	2	15	145	660	37	2	42	7
Lil' Den Burger (add cheese choice)	8 oz		410	18	160	1	8	70	560	37	2	24	7
Moons Over My Hammy® Burger	17 oz		1140	73	650	2	29	750	2100	54	2	67	11
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													
Cajun Chicken Wrap	13 oz		1040	66	590	0.5	15	85	1470	75	5	39	4
Cali Chicken Sandwich	14 oz		770	45	400	0	8	80	1250	53	8	43	10
Chick-N-Bacon Brioche Melt	8 oz		810	49	440	0.5	12	90	1890	58	2	37	12
Fried Cheese Melt	9 oz		660	36	320	1	16	70	2320	61	2	27	10
Guacamole Chicken Burrito	16 oz		960	59	530	1	21	135	1750	57	6	48	5
Turkey BLT Sandwich	10 oz		740	44	390	0	10	80	1830	51	5	37	11
SALADS													
Crispy Chicken Salad with Honey Mustard Dressing	13 oz		730	48	430	0	8	95	2150	43	4	37	12
Garden Salad with choice of dressing (add dressing choice)	10 oz	X	170	11	100	0	1.5	0	125	16	8	4	6
Southwestern Chicken Salad with Ranch Dressing	14 oz		760	61	550	0	12	90	1240	24	6	34	5

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MUNCHIES													
Bacon Cheddar Tots (add sauce choice)	6 pc		270	17	150	0	7	30	1440	23	0	9	0
Chicken Tenders with Honey Mustard	3 pc		590	39	350	0	5	75	1700	35	2	28	7
Chicken Tenders with Honey Mustard	5 pc		860	55	500	0	7	115	2700	50	3	46	7
French Fries	4 oz	X	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 Creamy BBQ Sauce	6 oz		620	47	430	0	8	15	1030	44	3	5	14
Potato Rounds	6 pc	X	250	17	150	0	2.5	0	540	24	2	2	1
Sweet Potato Fries	4 oz	X	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	250	11	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
Creamy BBQ Sauce	1.5 oz	X	220	21	190	0	3.5	15	310	9	0	0	8
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	190	15	140	0	2.5	15	200	12	0	1	7
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	160	2	1	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

Menu items marked as Gluten Free meet the FDA specified definition of less than 20 parts 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. We do not maintain halal or kosher kitchens.

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.

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