

<b>PROTEINS</b>	<b>Serving Size (oz)</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>
Angus Beef	8	578	45.8	37.8	0
Wagyu Beef	7	490	35	38.5	0
Bison	6	300	15	36	0
Chicken	6	316	12.4	48.2	0
Turkey Burger	5.5	265	15.2	30.25	0
Lamb Burger	6	482	33.4	42	0
Ahi Tuna	4	123	0.6	27.6	0
Veggie Burger	6	177	2.7	11	27

<b>BASES</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>
Quinoa	1 cup	283	5	10.2	49
Salad	3.5 oz	23.5	0	2.4	3.5
Bun	1	130	2.5	4	23
Wheat Bun	1	110	1	5	21
Gluten Free Bun	1	200	4	3	38

<b>CHEESES</b>	<b>Serving Size (oz)</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>
American	1	110	9	6	1
Blue	1.5	75	6	4.5	1
Cheddar	1	80	7	5	0
Havarti	1	110	9	6	0.5
PepperJack	1	80	6	5	0
Provolone	1	80	6	5	0
Gouda	1	90	6	5	3
Swiss	1	80	6	6	0
Brie	1	100	9	4	0
Feta	1.5	112	9	6	1.5
Goat	1	70	6	5	1

<b>TOPPINGS</b>	<b>Serving Size (oz)</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>
Tomatos	1.5	7.5	0.08	0.34	1.5
Cherry Tomatos	1.5	7.5	0.08	0.34	1.5
Black Bean & Mango Sal.	1.5	145	0.6	9.2	26.5
Roasted Red Peppers	1.5	7.5	0	0	1.5
Shredded Lettuce	0.75	1	0	0.1	0.2
Pineapple	1.5	21	0	0	5
Roasted Corn Salsa	1.5	155	3	3.8	31
Alfalfa Sprouts	1	6	0	1	1

Pickles	1	3	0	0	1
Cucumbers	1	4.8	0.05	0.15	0.95
Bannana Peppers	0.75	6	0	0	0.6
Raw Red Onions	0.5	5.5	0	0	1.5
Jalepenos	0.25	2	0.08	0.2	1.5

<b>PREMIUM TOPPINGS</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>
Apple-Smoked Bacon	2 Slices	86	6.6	6	0.2
Fried Egg	One Egg	114	9.1	6	0.6
Avocado	1/3 of Avocado	106	10	1.3	5.6
Portabello Mushroom Caps	1 cup	21	0.3	3	3.1

<b>SAUCES + DRESSINGS</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>
Big Buns Honey Mustard	2 oz	372	36	0.3	0.3
Buttermilk Herb Ranch	2 oz	382	37	0.3	0.3
Chipotle Pesto Aioli	2 oz	361	37	0.3	0.3
Sriracha Garlic Aioli	2 oz	340	33	0.3	0.3
Out-N-In Sauce	2 oz	361	37	0.3	0.3
Cilantro Lime Vinaigrette	2 oz	202	17	0	13
Spiced Balsamic Vinaigrette	2 oz	255	28	0	1.4
Sweet Chili Vinaigrette	2 oz	140	0	0	34

<b>FRIES</b>	<b>Serving Size (oz)</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>
Kids Fries	3	110	4	2	19
Small Fries	4.5	165	6	3	28.5
Large Fries	9	330	12	6	57
Kids Sweet Fries	3	150	4.5	1	26
Small Sweet Fries	4.5	225	6.8	1.5	39
Large Sweet Fries	9	450	13.5	3	78
Queso Cheese Topping	.5 Cup	180	12	4	16
Cajun Seasoning	1 Tbsp	0	0	0	0
Parmesan Truffle Oil	1 Tbsp	120	14	0	0
Parmesan Truffle Fry Cheese	2 Tbsp	40	4	0	0

<b>KIDS MENU</b>	<b>Serving Size (oz)</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>
Burger	4	289	22.9	18.9	0
Cheeseburger	4	344	27.4	21.9	0.5
Hot Dog	1 link	370	31	17	4

Cheese Dog	1 link	425	35.5	20	4.5
Grilled Cheese	2 slices	304	15.1	11.4	31
Sundae	5	194	8.1	2.9	26.4

<b>ICED TEA &amp; LEMONADE</b>	<b>Serving Size (oz)</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>
Iced Tea	12	48	0	0	10.5
Lemonade	12	180	0.1	0	36
Strawberry Lemonade	12	220	0.1	0	44

<b>FOUNTAIN SODA</b>	<b>Serving Size (oz)</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>
Maine Root Mexicane Cola	12	165	0	0	40
Maine Root Diet Mexicane Cola	12	0	0	0	0
Maine Root Root Beer	12	165	0	0	40
Maine Root Ginger Beer	12	165	0	0	40
Maine Root Black Raspberry Cola	12	165	0	0	40

<b>BOTTLED DRINKS</b>	<b>Serving Size (oz)</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>
Mexican Coke	12	150	0	0	39
Mexican Sprite	12	160	0	0	40
Pelligrino	16	0	0	0	0
Bottled Water	16	0	0	0	0

<b>SHAKES</b>	<b>Serving Size (oz)</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>
Vanilla	14	441	23.4	11.8	43.5
Chocolate	14	493	21.5	9.3	63.0
Strawberry	14	412	21.5	9.3	44.0
Oreo	14	539	27.1	10.8	60.5
Peanut Butter	14.5	657	37.8	16.6	63.7
Nutella	14	527	34.4	12.3	64.3
Caramel	14	559	23.6	9.8	78.0
Coffee	14	441	23.4	11.8	43.5