



# NUTRITIONAL FACTS

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Craft Your Own</b>															
Single Burger	350	140	16g	6g	0g	55mg	350mg	29g	2g	4g	23g	0%	0%	10%	20%
Double Burger	530	250	27g	10g	0g	110mg	400mg	29g	2g	4g	41g	0%	0%	10%	30%
Grilled Chicken	310	60	7g	2g	0g	65mg	370mg	30g	2g	5g	31g	20%	8%	10%	15%
Crispy Chicken	540	240	26g	5g	0g	50mg	990mg	45g	4g	6g	33g	20%	8%	10%	20%
Gardenburger®	280	70	7g	2g	0g	10mg	710mg	48g	7g	5g	11g	25%	15%	15%	15%
Impossible Burger™	410	280	18g	9g	0g	0mg	680mg	38g	5g	5g	25g	0%	0%	25%	35%
<b>Cheese</b>															
One Slice Yellow American Cheese	45	30	3.5g	2g	0g	10mg	135mg	1g	0g	0g	3g	2%	0%	8%	0%
One Slice Swiss Cheese	50	35	4g	2.5g	0g	15mg	25mg	< 1g	0g	0g	4g	2%	0%	10%	0%
One Slice Cheddar Cheese	60	40	5g	2.5g	**	15mg	90mg	0g	0g	0g	3g	2%	0%	10%	0%
One Slice Pepper Jack Cheese	60	40	4.5g	3g	0g	15mg	95mg	< 1g	0g	0g	6g	4%	0%	10%	0%
<b>Signature Burgers</b>															
Classic Burger	640	310	34g	14g	0g	125mg	790mg	37g	3g	7g	47g	10%	10%	25%	30%
Cheesy Burger	830	500	55g	21g	0g	145mg	1020mg	34g	2g	4g	52g	8%	0%	40%	30%
Double Bacon Burger	820	440	48g	19g	0g	160mg	1520mg	37g	3g	8g	59g	10%	10%	25%	35%
Rodeo Burger	740	350	39g	15g	0g	125mg	1110mg	51g	3g	15g	47g	6%	2%	25%	30%
Carolina Burger	800	430	49g	17g	0g	145mg	1100mg	42g	3g	12g	49g	10%	6%	25%	35%
<b>Chicken &amp; More</b>															
Buffalo Chicken	670	360	41g	8g	0g	50mg	2210mg	45g	4g	6g	33g	35%	8%	10%	20%
Cheesesteak	580	280	32g	15g	0g	85mg	1380mg	41g	3g	6g	34g	8%	6%	40%	25%
Chicken BLT	850	120	14g	4g	0g	85mg	730mg	31g	2g	5g	37g	20%	8%	10%	15%
Hot Dog	320	140	17g	6g	0g	30mg	780mg	30g	2g	5g	13g	0%	0%	8%	10%
Chicken Tenders	720	420	47g	8g	4g	170mg	160mg	7g	0g	0g	64g	0%	0%	4%	10%
Buffalo Chicken Tenders	840	540	61g	11g	4g	170mg	1370mg	7g	0g	0g	64g	15%	0%	4%	10%
WB Cod	760	480	52g	9g	0g	50mg	1170mg	53g	2g	8g	20g	4%	4%	8%	15%
<b>Sides</b>															
Bacon Cheese Fry - Full	1120	770	86g	19g	0g	80mg	2020mg	59g	6g	3g	27g	6%	25%	30%	10%
Bacon Cheese Fry - Reg	560	380	43g	9g	0g	40mg	1010mg	29g	3g	1g	14g	2%	10%	15%	6%
Chili Cheese Fries - Full	800	470	52g	13g	0g	65mg	1570mg	61g	8g	2g	23g	20%	40%	30%	15%
Chili Cheese Fries - Reg	400	230	26g	7g	0g	30mg	790mg	31g	4g	1g	12g	10%	20%	15%	8%
Fry - Full	520	270	30g	3g	0g	0mg	820mg	55g	6g	0g	6g	0%	25%	0%	6%
Fry - Reg	260	140	15g	1.5g	0g	0mg	410mg	28g	3g	0g	3g	0%	10%	0%	4%
House-Made Chips	240	150	17g	3.5g	0g	0mg	490mg	18g	2g	0g	2g	0%	4%	0%	2%
Onion Rings	610	340	38g	4g	0g	0mg	1030mg	60g	4g	6g	8g	0%	8%	4%	8%
O-Fries	460	250	28g	3g	0g	0mg	760mg	47g	4g	3g	6g	0%	10%	2%	6%
Mac & Cheese Bites	480	280	33g	9g	0g	0mg	1680mg	40g	0g	0g	16g	0%	0%	30%	0%
Irish Nachos - Full	510	320	36g	12g	0g	50mg	1110mg	30g	4g	4g	16g	25%	70%	25%	10%
Irish Nachos - Reg	260	160	18g	6g	0g	25mg	550mg	15g	2g	2g	8g	10%	35%	10%	6%
Tater Tots - Full	500	200	24g	4g	0g	0mg	1160mg	67g	6g	1g	5g	0%	30%	4%	8%
Tater Tots - Reg	250	100	12g	2g	0g	0mg	580mg	34g	3g	0g	3g	0%	15%	2%	4%
<b>Dipping Sauces and Dressings</b>															
Dipping Sauce - Wayback Gold	70	10	1g	0g	0g	0mg	630mg	13g	< 1g	10g	1g	2%	2%	2%	2%
Dipping Sauce - Chipotle Mayo	360	360	41g	6g	0g	20mg	490mg	4g	0g	0g	0g	0%	0%	0%	0%
Dipping Sauce - Honey Mustard	300	260	28g	4.5g	0g	30mg	550mg	8g	< 1g	6g	2g	0%	0%	0%	4%
Dipping Sauce - Blue Cheese	300	280	32g	7g	0g	30mg	590mg	2g	0g	2g	2g	0%	0%	8%	0%
Dipping Sauce - Buffalo Blue	160	150	17g	3.5g	0g	15mg	1450mg	< 1g	0g	< 1g	< 1g	10%	0%	4%	0%
Dipping Sauce - BBQ	90	0	0g	0g	0g	0mg	610mg	24g	0g	20g	0g	4%	4%	0%	0%
Dipping Sauce - Ranch	300	280	32g	4.5g	0g	15mg	290mg	3g	0g	3g	1g	0%	0%	6%	0%
Dipping Sauce - Buffalo Ranch	160	140	16g	2.5g	0g	5mg	1580mg	1g	0g	1g	< 1g	15%	0%	2%	0%
<b>From the Garden</b>															
Garden Salad	480	320	36g	9g	0g	25mg	780mg	27g	3g	10g	9g	35%	25%	25%	6%
Caesar Salad	500	380	41g	8g	0g	20mg	1130mg	23g	4g	3g	10g	310%	10%	25%	10%
<b>Kiddos - Kid Fry (155 Cal) + Drink (0-150 Calories)</b>															
Kids Meal - Chicken Tenders	300	160	19g	3g	0g	30mg	550mg	17g	< 1g	0g	17g	0%	0%	0%	2%
Kids Meal - Grilled Cheese	380	220	25g	8g	0g	20mg	650mg	31g	2g	4g	12g	4%	0%	20%	10%
Kids Meal - Hot Dog	320	140	17g	6g	0g	30mg	780mg	30g	2g	5g	13g	0%	0%	8%	10%
Kids Meal - Kids Cheeseburger	390	170	19g	8g	0g	65mg	490mg	30g	2g	4g	26g	2%	0%	15%	20%
Kids Shake - Black & White	590	240	24g	16g	0g	95mg	230mg	74g	0g	58g	12g	20%	0%	45%	2%
Kids Shake - Cafe Mocha	610	230	24g	15g	0g	95mg	240mg	81g	0g	64g	11g	20%	0%	45%	0%
Kids Shake - Chocolate Banana	620	240	24g	16g	0g	95mg	230mg	83g	0g	66g	12g	20%	0%	45%	2%
Kids Shake - Chocolate	590	240	25g	16g	0g	95mg	240mg	76g	< 1g	59g	12g	20%	0%	45%	2%
Kids Shake - Coffee	590	240	24g	16g	0g	95mg	220mg	75g	0g	59g	12g	20%	0%	45%	0%
Kids Shake - Oreo® Cookie	640	280	29g	17g	0g	95mg	330mg	77g	< 1g	55g	13g	20%	0%	45%	6%
Kids Shake - Oreo® Mint	750	280	29g	17g	0g	95mg	340mg	105g	< 1g	81g	13g	20%	0%	45%	6%
Kids Shake - Oreo® Mud Pie	690	280	29g	17g	0g	95mg	350mg	89g	< 1g	65g	13g	20%	0%	45%	6%
Kids Shake - Strawberry Banana	610	240	24g	16g	0g	95mg	230mg	80g	0g	64g	12g	20%	6%	45%	0%
Kids Shake - Strawberry	610	240	24g	16g	0g	95mg	230mg	79g	0g	63g	12g	20%	10%	45%	0%
Kids Shake - Vanilla	550	240	24g	16g	0g	95mg	220mg	64g	0g	49g	12g	20%	0%	45%	0%
<b>Milkshakes</b>															
Black & White	720	280	29g	19g	0g	115mg	260mg	97g	< 1g	76g	13g	20%	0%	50%	2%
Cafe Mocha	760	280	28g	18g	0g	110mg	290mg	104g	0g	81g	12g	20%	0%	45%	0%
Chocolate Banana	760	280	29g	19g	0g	115mg	270mg	106g	< 1g	84g	13g	20%	0%	50%	2%
Chocolate	730	280	29g	19g	0g	115mg	270mg	98g	1g	76g	13g	20%	0%	50%	4%
Coffee	730	280	29g	19g	0g	115mg	250mg	97g	0g	77g	13g	20%	0%	50%	0%
Oreo® Cookie	850	360	37g	20g	0g	115mg	460mg	109g	1g	76g	15g	20%	0%	50%	10%
Oreo® Mint	780	280	29g	19g	0g	115mg	250mg	110g	0g	90g	13g	20%	0%	50%	0%
Oreo® Mud Pie	960	380	39g	21g	0g	115mg	520mg	132g	2g	94g	15g	20%	0%	50%	15%
Strawberry Banana	800	280	29g	19g	0g	115mg	260mg	115g	0g	93g	13g	20%	15%	50%	0%
Strawberry	730	280	29g	19g	0g	115mg	260mg	98g	0g	77g	13g	20%	10%	50%	0%
Vanilla	660	280	29g	19g	0g	115mg	250mg	81g	0g	61g	13g	20%	0%	50%	0%
<b>Extras</b>															
Our Way	23	0	0g	0g	**	0mg	135mg	5g	< 1g	4g	< 1g	8%	10%	2%	2%
Ketchup	8	0	0g	0g	**	0mg	95mg	2g	0g	2g	0g	2%	2%	0%	0%
Lettuce	2	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g	2%	0%	0%	0%
Mustard	2	0	0g	0g	**	0mg	30mg	0g	0g	0g	0g	0%	0%	0%	0%
Pickles	0	0	0g	0g	**	0mg	5mg	0g	0g	0g	0g	0%	0%	0%	0%
Raw Onions	6	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g	0%	2%	0%	0%
Tomatoes	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g	4%	6%	0%	0%
Jalapenos	0	0	0g	0g	**	0mg	240mg	< 1g	0g	0g	0g	4%	2%	0%	2%
Mushrooms	15	10	1.5g	0g	0g	0mg	170mg	< 1g	0g	0g	< 1g	0%	0%	0%	0%
Ranch	150	140	16g	2.5g	0g	5mg	150mg	1g	0g	1g	< 1g	0%	0%	2%	0%
Relish	45	0	0g	0g	**	0mg	280mg	12g	0g	10g	0g	8%	0%		