



NUTRITIONAL INFORMATION GUIDE

	Serving Size	Calories	Fat	Calories from Fat	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Original Grand Slam	14 oz	840	48	430	0	14	425	2080	70	3	32
Eggs	4 oz	250	21	189	0	5	450	235	1	0	13
Egg Whites	4 oz	50	0.5	4.5	0	0	0	180	1	0	11
Sausage Links	2	160	15	135	0	5	30	325	1	1	5
Chicken Sausage Patty	1	110	9	81	0	3	45	260	0	0	7
Bacon Strips	2	90	5	45	0	2	15	230	1	0	5
Turkey Bacon Strips	2	50	4	36	0	1	30	330	1	0	6
Buttermilk Pancakes*	2	330	4	36	0	0.5	0	1170	68	2	8
Wheat Pancakes*	2	310	2	18	0	0	15	950	64	8	10
Grand Slamwich	15 oz	1270	91	820	1	27	490	2940	67	3	45
Texas Prime Rib & Egg Sandwich	17 oz	970	57	510	0	23	530	2240	48	3	60
Chipotle Prime Rib Breakfast Burrito	22 oz	1150	71	640	0	25	590	2810	63	8	54
Veggie Fajita Breakfast Burrito	20 oz	1110	72	648	0	24	480	2360	74	10	36
Breakfast Scramble Burger	20 oz	1430	100	900	2	30	685	2850	76	5	61
Denver Scramble Burger	13 oz	780	47	420	2	20	455	1910	40	2	52
Huevos Crunch Burger	18 oz	1280	90	810	2	31	655	2430	56	3	62
Den Burger	13 oz	740	45	400	2	21	250	1550	40	3	45
Double Den Burger	17 oz	1090	71	640	3.5	33	370	2320	42	3	73
Mushroom Swiss Burger	14 oz	770	50	450	2	19	230	1390	43	3	42
Bacon Cheeseburger	11 oz	710	44	390	2	19	260	1580	37	2	44
Cali Jack Chicken Burger	15 oz	570	22	198	7	210	210	1580	49	7	46
Veggie Mash Up Burger	9 oz	370	12	108	0	3	90	870	52	8	11
Guacamole Chicken Burrito	16 oz	1030	63	570	0	21	150	2060	57	9	56
Prime Rib Burrito	17 oz	880	49	440	0	20	110	2860	64	10	42
Veggie Mash Up Burrito	17 oz	1100	59	530	0	20	65	2420	89	18	43
Grilled Chicken Panini	14 oz	900	46	410	0	13	145	1760	66	3	56
Prime Rib Cheesesteak	12 oz	680	35	320	0	13	95	1900	50	3	39
Bacon Ranch Chicken Salad Sandwich	17 oz	1070	62	550	0	19	165	2330	70	3	62

*Does not include condiments/soups/bread service

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

	Serving Size	Calories	Fat	Calories from Fat	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
SIDES											
Potato Rounds	6 pcs	340	20	180	0	5	30	800	34	6	6
Sweet Potato Fries	5 oz	500	28	252	0	5	0	300	60	8	3
French Fries	6 oz	510	28	252	0	5	0	110	59	6	6
Onion Rings	10 ea	628	22	194	0	4	0	85	45	5	5
SALADS AND MORE											
Pecan Cranberry Chicken Salad w/o Dressing	9 oz	380	15	135	0	4	105	650	19	3	43
Balsamic Vinaigrette Dressing	2 oz	73	2	18	0	0	0	280	13	0	0
Southwestern Chicken Salad w/o Dressing	12 oz	390	15	135	0	4	90	680	24	8	42
Cilantro Lime Ranch Dressing	2 oz	319	34	306	0	6	20	480	4	0	0
Dippable Veggies w/Ranch Dressing	1 serv	230	21	190	0	4	10	370	10	3	1
Garden Salad w/Ranch Dressing	1 serv	230	20	180	0	4	10	350	8	3	2
Fruit Salad	7 oz	70	0	0	0	0	0	20	17	3	1
Yogurt Parfait	10 oz	370	4	36	0	0	5	200	77	6	9
MUNCHIES											
Mozzarella Sticks w/Red Sauce	5 pcs	370	14	120	120	7	45	1740	40	2	24
Mozzarella Sticks w/Red Sauce	8 pcs	580	21	190	0.5	11	70	2670	62	3	39
Chicken Strips w/Dipping Sauce	3 pcs	600	33	297	0	3	85	1170	43	0	34
Chicken Strips w/Dipping Sauce	5 pcs	880	45	405	0	3	130	1820	63	0	57
Fried Green Beans											
Pretzel Bites	1 serv	630	17	150	0.5	6	25	620	97	3	18
SAUCES											
Cucumber Wasabi Ranch											
Roasted Garlic Aoli											
Chipotle											
Green Chili											
Homemade Ranch											
BAKERY											
Chocolate Chunk Cookie	1	500	20	180	0	8	40	300	96	4	8
Oatmeal Cookie	1	560	8	72	0	7	40	300	92	2	6
S'mores Cookie	1	540	22	198	0	10	50	380	88	4	6