



CORE NUTRITION - PRODUCTS

Starters (total plate with sauces)	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Chili Cheese Fries	859	61.08	23.211	1,892	0.5	118	49.09	10.3	3.53	50.54
Chips + Guacamole + Salsa	671	28.23	3.147	1,625	0	0	99.43	19.2	7.28	14.81
Chips + Pineapple Salsa	441	11.53	0.716	1,044	0	0	79.79	10.9	9.66	9.39
Chips + Queso + Salsa	899	45.04	22.981	3,116	0	94	88.39	9.9	9.9	35.09
Chips + Salsa	491	11.46	0.704	1,609	0	0	89.18	9.9	4.4	12.67
Creamy Onion Dip	511	48.02	14.089	1,084	1.299	64	18.18	3.4	4.52	5.73
Loaded Queso	1,112	61.62	27.805	3,495	0.465	124	97.9	14.7	7.2	43.55
Nachos (Beef)	1,178	66.02	32.113	3,650	0.931	162	96.19	13.1	12.81	50.1
Nachos (Buffalo)	1,213	68.56	32.623	3,727	0	167	97.09	13.4	13.15	52.96
Nachos (no meat)	954	50.55	26.247	3,137	0	109	88.76	11.2	9.58	35.89
Nachos (Turkey)	1,177	63.57	29.031	3,781	0.107	179	98.05	13.5	13.62	55.12
Pork Rinds	846	64.01	17.948	2,585	4.8	126	10.94	0	10.94	55.94
Pork Rinds *no sauce	480	30	12	1,620	0	120	0	0	0	54
Queso Fries (Beef)	1,164	82.04	35.81	3,726	0.931	182	55.92	11.4	9.55	50.17
Queso Fries (Buffalo)	1,199	84.59	36.32	3,803	0	187	56.82	11.7	9.89	53.03
Queso Fries (no meat)	941	66.57	29.944	3,212	0	128	48.49	9.5	6.32	35.95
Queso Fries (Turkey)	1,163	79.6	32.728	3,857	0.107	198	57.77	11.8	10.36	55.19
Thunder Fries	1,038	80.95	31.247	3,224	1.2	125	41.62	7.3	3.3	38.72
Burgers	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Bacon Avocado Ranch	1,308	101.36	31.298	1,203	5.45	177	47.38	5.8	8.76	49.77
BBQ Bacon Theta	1,221	83.55	30.097	3,111	3.35	186	63.16	3.3	16.5	49.06
Cheeseburger	858	60.49	19.033	2,168	4.85	121	39.02	2.5	5.85	36.96
Chili Cheese Burger	949	63.59	25.913	1,082	2.225	178	42.93	3.4	5.33	62.52
Chili Verde Burger	804	52.61	19.081	1,018	3.2	133	40.75	1.3	7.95	39.51
Classic (Beef)	697	41.63	16.103	2,330	1.854	121	40.53	3.4	6.09	38.2
Classic (Turkey Bunless)	330	19.09	7.117	2,023	0.164	120	7.51	2.4	3.09	32.92
Classic (Bison Bunless)	431	29.87	13.744	2,016	0.004	114	7.51	2.4	3.09	32.83
Cobb Burger	1,472	114.54	38.407	2,010	4.569	379	47.58	5.8	8.86	60.56
Double Trouble	1,366	98.44	35.522	3,000	3.699	272	48.33	2	13.4	66.27
Fork & Knife Chili Cheese Burger	1,120	77.56	33.313	1,377	2.35	214	45.18	4	5.7	76.15
Fried Jalapeno Burger	876	57.27	23.654	889	1.85	156	41.38	5.3	6.05	47.36
Grilled Jalapeno Bacon Cheeser	1,172	84.01	35.581	1,548	1.85	211	43.08	4.1	8.19	58.2
Hawaiian Burger	1,083	77.78	27.048	1,155	3.35	171	46.84	1.4	14.14	46.23
Mushroom Swiss	908	62.38	20.073	772	4.85	132	42.4	2.5	6.22	41.78
Spicy Guacamole Burger	823	51.74	22.835	939	1.85	156	39.6	2.8	4.8	46.7
Spicy Sriracha Bleu Burger	912	59.39	24.15	1,443	3.05	150	46.06	3.6	10.76	45.6
Sticky Finger	1,360	100.02	35.632	1,809	1.85	205	55.63	2.7	19.61	59.3
Sweet New Mexico	824	38.99	15.017	725	1.85	106	88.63	2.2	51	33.37
The Big G	1,450	97.72	34.582	4,309	6.699	242	68.45	4.2	15.9	71.04
The Egg O Nater	1,196	91.37	29.292	1,473	4.869	347	39.76	2.5	6.04	49.96
The Green Chili One	919	61.53	24.52	1,560	3.2	158	41.07	3.4	6.36	47.69
The Fried Onion Burger	704	41.56	16.107	2,322	1.854	121	42.49	3.4	6.84	38.01
The Kitchen Sink	1,025	66.72	20.72	1,075	4.85	132	61.4	2.6	10.37	41.15
Tacos	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Baja Tacos	1,251	67.94	19.358	2,313	2.714	144	95.5	3.1	8.64	61.23
Banh Mi Fish Tacos	1,326	74.37	10.927	2,781	4.514	90	115.65	3.5	22.23	47.73
Chicken Fajita Tacos	680	45.74	16.496	1,470	0.014	108	76.94	6.2	9.38	33.88
Classic Beef Tacos	700	36.24	14.999	1,495	0.945	93	61.21	6	9.19	33.91
Classic Buffalo Tacos	735	38.79	15.509	1,572	0.014	99	62.11	6.3	9.53	36.76
Classic Turkey Tacos	699	33.8	11.918	1,626	0.121	110	63.07	6.4	10	38.93
Fish Tacos	1,459	87.37	18.81	2,702	4.514	130	110.31	2.7	17.06	57.97
Huevos Rancheros	1,117	76.95	33.608	2,170	3.226	371	45.87	3.1	6.61	54.58
Tacos Supreme (Beef)	860	51.11	22.057	1,542	0.945	123	64.99	7.7	11	35.59
Tacos Supreme (Buffalo)	895	53.66	22.567	1,619	0.014	129	65.89	7.9	11.34	38.45
Tacos Supreme (Turkey)	859	48.66	18.976	1,674	0.121	140	66.85	8.1	11.8	40.61
Dogs	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Fork & Knife Dog	962	71.24	31.406	2,214	1.875	75	40.58	3.1	5.73	55.53
Sides	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Fresh Cut Fries	287	14.31	0.087	930	0	0	35.87	7.3	0.01	7.39
Garlic Parm Truffle Fries	383	20.17	3.78	1,293	0	15	41.1	7.6	0.2	16.43
Herman's Slaw	192	12.8	1.2	448	0	0	20	0	14.4	1.2
House Potato Chips	165	14.1	0.032	667	0	0	9.77	2.1	0.01	1.99



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Onion Rings	706	50.11	7.818	1,135	4.8	0	56.12	2.8	4.32	6.41
Sweet Potato Fries	234	14.1	0.037	731	0	0	26.76	4.1	5.44	2.14
Sandwiches +	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Avocado Melt	627	34.89	12.704	531		52	53.68	7.5	6.45	23.96
Bowl of Chili	637	50.11	20.082	1,339	1.027	105	25.36	5.7	4.33	59.13
CBELT	833	61.2	17.738	1,470	3.019	241	41.58	0.4	4.41	23.41
Chicken Salad Sandwich	341	9.05	1.277	801	0	23	48.37	2.6	7.18	13.85
Chicken Salad Sandwich (No Marg)	320	6.77	0.804	775	0	23	48.38	2.6	7.18	13.82
Chicken Tamales	709	45.71	18.609	3,327	0	80	57.61	4	21.11	14.38
Fish & Chips	1,459	87.37	10.298	3,418	0	155	130.58	8.1	25.13	65.91
Fried Pork Tenderloin Sandwich	712	29.65	7.461	2,163	1.506	153	60.01	1.9	6.85	37.54
Fried Shrimp Basket	517	22.86	3.083	2,296	0	0	36.47	1.9	19.24	16
Hawaiian Chicken Sandwich	882	54.08	16.998	1,494	2.25	156	51.9	1.8	18.37	45.94
Something Lighter	612	23.46	5.234	1,645	1.5	92	58.52	7.5	19.85	42.16
Salads	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Avocado Chicken Salad Salad	417	15.2	2.552	1,801	0	68	52.73	11.2	20.69	25.87
Dinner Salad	399	27.04	12.338	509	0	60	23.72	4.9	6.34	17.64
Taco Salad (Beef)	657	36.9	14.487	2,454	1.396	110	53.18	8	16.07	34.23
Kid's Meals *no sides	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Corn Dog	220	11	3.5	440	0	20	26	0	7	5
Grilled Cheese	310	10.28	4.473	747	0	15	40.03	0	4	10.03
Hamburger	582	34.33	12.001	407	1.85	106	33.03	1	3	31.84
Hot Dog	395	24.78	9.973	922	0.75	0	30.03	1	3.5	15.03
Desserts	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Bomb Pop	40	0	0	10	0	0	10	0	7	0
Carmel Salted Cookie	350	16	11	560	0	50	49	0	30	3
Chocolate Chunk Cookie	390	19	12	400	0	45	50	2	29	5
Misc	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
White Hamburger Bun	180.00	2.00	1.50	280.00	0.00	0.00	33.00	1.00	3.00	6.00
Hot Dog Bun	150.00	3.00	1.50	250.00	0.00	0.00	28.00	1.00	3.00	5.00
Gluten Free Bun	240.00	7.00	0.00	440.00	0.00	0.00	44.00	5.00	6.00	5.00
BBQ Mayo (per oz)	103.50	10.00	1.50	152.00	1.50	0.00	3.25	0.25	1.50	0.00
Chipotle Ranch (per oz)	93.69	9.64	1.66	102.06	1.35	1.81	1.07	0.10	0.95	0.58
Garlic Mayo (per oz)	181.41	20.01	3.00	160.47	3.00	0.00	0.84	0.06	0.00	0.19
Honey Marshmallow PB (per oz)	155.06	7.15	1.49	69.94	0.00	6.09	11.28	0.88	13.06	3.58
Honey Mustard (per oz)	120.16	10.01	1.50	196.13	1.50	0.00	8.52	0.00	8.01	0.03
Onion Ring Sauce (per oz)	153.13	16.06	2.41	237.38	2.40	0.00	2.06	0.41	0.00	0.21
Pineapple Salsa (per oz)	6.63	0.01	0.00	12.13	0.00	0.00	1.69	0.17	1.38	0.08