



Breakfast	Quantity	Measure	Calories	(g)	SatFat (p)	Transfat (	Chot (me)	Carb <sub>(g)</sub>	3r (g)	Sugar (x)	Protein (	Sodium
Menu Item:	Q.	Mes	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	Fat (g)	Sati	7ra	240	8	Fiber	Suga	Pro	\$00
Croissant INGREDIENTS: Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), butter (cream), water, sugar cane, yeast, whole milk powder, eggs, salt, wheat gluten, food enzymes (xylanase, amylase), ascorbic acid.  CONTAINS: Milk, egg, wheat.	1	Pastry	330	18	11	0	55	34	1	6	7	370
Chocolate Brioche  INGREDIENTS: Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), custard cream (water, skim milk powder, whey powder, sugar, modified tapioca starch, eggs, natural flavor, cultured wheat starch, beta carotene), butter (cream), water, semisweet chocolate (sugar, unsweetened chocolate, occoa butter, soy lecithin, vanila extract), eggs, sugar, yeast, partially skimmed milk (milk, Vitamin A palmitate, Vitamin D3), salt, wheat gluten, food enzymes (xylanase, amylase), ascorbic acid, dried eggs, skim milk, soy flour.  CONTAINS: Milk, egg, soy, wheat.	1	Pastry	360	19	11	0	65	44	2	15	8	360
Almond Pastry INGREDIENTS: Pastry (unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), butter, water, fresh whole milk, sugar, eggs, yeast, salt, inactive dry yeast, xanthan gum, enzymes and ascorbic acid), almond filling (almond paste (almonds, sugar, water, natural flavor), sugar, butter, eggs, wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), natural flavor), almonds.  CONTAINS: Milk, egg, tree nuts, wheat.	1	Pastry	400	22	11	0	65	44	1	13	7	340
Cinnamon Roll  INGREDIENTS: Pastry (unbleached enriched flour [wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid], water, butter [cream], sugar, yeast, eggs, cinnamon, salt, xanthan gum, food enzymes [amylase, xylanase], wheat gluten, ascorbic acid, dried eggs, skim milk, soy flour), icing [sugar, cream cheese milk, cream from milk, cheese culture, salt, carob bean gum, vegetable shortening palm oil, mono and diglycerides, polysorbate 60, corn syrup, contains less than 2 of the following: water, salt, lactic acid, to preserve freshness sodium benzoate, potassium sorbate, whey a milk derivative, guar gum, cultured whey a milk derivative, maltodextrin, citric acid, artificial colors Yellow 5, and Yellow 6).  CONTAINS: Milk, egg, soy, wheat.	1	Pastry	450	19	13	0	55	60	2	24	7	530



#### **Nutrition Guides**





Burgers	Quantite	Measure	Calories.	Fat (g)	SatFat (E)	Transfat,	Chol (me)	Carb (g)	Fiber(g)	Sugar <sub>(e)</sub>	Protein (	Sodium
Menu Item:	70	W <sub>e</sub>	\ \( \mathcal{S} \)	Fal	Sales	7.	5	\ \( \mathcal{S}' \)	Fib	200	4	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \
NOREDIENTS: Burger (beef, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated gailei, paprika and extractives of paprika (as color), turmeric (as color), natural flavors and less than 2% sillicon dioxide to prevent caking, but incritched flour (wheat flour, malted barley flour, nlaich, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, soybean oil, yeast, contains less than 2% of each of the following: wegetable oils (coccnut oil, canola oil, high oleic soybean oil, and/or high oleic canola oil), salt, vegetable and grain protein blend (pea, potato, rice), destrose, acidicum propionate la preservative), vingar, wheat gluten, wheat flour, sunflower oil and canola oil, monoglycerides, corn starch, turmeric (colori), matodextrin, natural and artificial filwors, cacidium sulfate, crymes, destrin, soy lecithin, acorbic acid (flough conditioner), butter flavored oil (soybean oil, palm karnel oil, soy lecithin, natural flavor, beta carotene), sauce (soybean oil, distilled vivegar, egg yolk, high fructose corn syrup, contains less than 2% of salt, water, mustard seed, calcium disodium bisuphite as a preservative, filtered honey, distilled white vinegar, mustard seed, water, salt, white wine, citric acid, fartiar ecid, fruit pectin, sugar, spices, water, distilled vinegar, sugar, tomato paste, brown sugar, salt, modified cornstarch, spices, natural flavor including natural smoke flavor, monosodium glutmante, onion, "mustard seed, cafel"; sodium benzoate added as a preservative, beet powder, citric acid, cafery seed, corn syrup, monasses, turmeric, caramel color, tumarind, water, sugar, vinegar, contains less than 2% of salt, dehydrated onion, calcium chioride, sodium benzoate fipreserative), spices [contains resters and mustard), onion, canola oil, high oleic canola oil, dimethylophylloxane added to reduce foaming, pickle fresh coucumbers, water, salt, contains less than 2% of longer, lacetic acid, sodium benzoate a preservative, natural flavors pohysorbate 80, turmeric extract color1, t	1	Burger	630	43	14	1.5	85	37	1	10	22	1070
Signature Burger (Double)  INGREDIENTS: Burger (beef, salt, sugar, dehydrated onlon, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika [as color], turmeric [as color], natural flavors and less than 2% silicon dioxide to prevent casing, but nentrode flour (wheat flour, malted barley flour, naicain, reduced iron, thiamin mononitrate, riboflavin, folic acid], water, sugar, soybean oil, yeast, contains less than 2% of each of the following: wegetable oils [coconut oil, canola oil, high oleic soybean oil, and/or high oleic canola oil], salt, vegetable and grain protein blend [pea, potato, rice], dextrose, calcium propionate la preservative], vinegar, wheat gluten, wheat flour, sunflower oil and canola oil, monoglycerides, corn starch, turmeric [color], matodestrin, natural and artificial flavors, cacilum suifate, enzymes, destrin, soy lecithin, actural ard artificial flavors, calcium suifate, enzymes, destrin, soy lecithin, actural flavor, beta carotenel, sauce (soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, contains less than 2% of salt, water, mustard seed, calcium disodium bisulphite as a preservative, filtered honey, distilled white winegar, sult and sodium bisulphite as a preservative, filtered honey, distilled white winegar, mustard seed, water, salt, white wine, citic acid, furit pectin, sugar, spices, water, distilled vinegar, sugar, tomato pasta, brown sugar, salt, modified cornstarch, spices, natural flavor including natural smoke flavor, monosodium glutamate, onion*, mustard seed, garlic*; sodium benzoate added as a preservative, beet powder, citric acid, caleria esde, corn syrup, monalsses, turneric, caramele color, thamarid, water sugar, vinegar, contains less than 2% of salt, dehydrated onion, calcium chloride, sodium benzoate 80, natural flavors [contains celery and mustard], onion, canola oil, high oleic canola oil, dimethylopylilosane added to reduce foaming, pickle fresh oucumbers, water, salt, contains less than 2% of longer, sules fortains mustard and	1	Burger	920	68	24	3	160	38	1	11	38	1360



#### **Nutrition Guides**





Burgers (cont.)	Quantity	Measure	Calories	(KCall)	SatFat (B)	Transfator	Chol (me)	8 / 8	Fiber(g)	Sugar (a)		Sodium (r.
Menu Item:	Qua	Mea	Ca/c	Fat (g)	Sath	Tran	/ %	Carb (g)	Fibe	Suga	Protein,	2001
Bacon Burger  INGREDIENTS: Beef, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika las color), turmeric (as color), natural flavors and less than 2% silicon dioxide to prevent caking, bun (enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, intofloavin, folia caldi, water, sugar, soybean oil, yeast, contains less than 2% of each of the following: vegetable oils [coconut oil, canola oil, high oleic soybean oil, and/or high oleic canola oil, salt, vegetable and grain protein blend fipea, potator, freigl, destrose, calcium propionate la preservative), vinegar, wheat gluten, wheat flour, sunflower oil and canola oil, moneglyerides, corn starch, turmeric [color], maltodextrin, astural and artificial flavors, calcium sulfate, enzymes, dextrin, soy lecithin, ascorbic acid [dough conditioner], butter flavored oil [soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, contains less than 2% of salt, water, mustard seed, calcium disodium EDTA to protect flavor), sugar, molasses, apple cider vinegar, water, mustard seed, vinegar, salt and sodium bisuiphite as a preservative, horseradish, distilled vinegar, water, soybean oil, ast, and artificial flavor, salt, yellow prussiate of soda, ground cayenne red pepper, ground black pepper, bacon (cured with water, salt, sugar, sodium entrite, canola oil, high oleic canola oil, dimethylpolysiloxane added to reduce foaming), fresh cucumbers, water, salt, contains less than 2 of vinegar, lactic acid, sodium benzoate a preservative, antural flavors, polysorobate 80, turmeric extract color, tomato, romaine lettuce, cultured milk, salt, enzymes, annatto color.	1	Burger	740	56	17	1.5	105	35	1	8	25	1000
Bacon Burger (Double)  INGREDIENTS: Beef, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika (as color), turmeric (as color), natural flavors and less than 2% allicon dioxide to prevent caking, bun (enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin monointrate, riboflavin, folic acidi, water, sugar, soybean oil, yeast, contains less than 2% of each of the following: vegetable oils [coconut oil, canola oil, high oleic soybean oil, and/or high oleic canola oil, salt, vegetable and grain protein blend [pea, potato, rice], daxtrose, calcium propionate la preservative), vinegar, wheat gluten, wheat flour, sunflower oil and canola oil, monoglycerides, corn starch, turmeric [color], maltodextrin, astural and artificial flavors, calcium sulfate, enzymes, dextrin, soy lecithin, ascorbic acid [dough conditioner], butter flavored oil (soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, contains less than 2% of salt, water, mustard seed, calcium disodium EDTA (to protect flavor), sugar, molasses, apple cider vinegar, water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, horseradish, distilled vinegar, vetar, soybean oil, aslt, and artificial flavor, salt, without prussalte of soda, ground cayenne red pepper, ground black pepper, bacon (cured with water, salt, sugar, sodium erythorbate, sodium nitrite, canola oil, high oleic canola oil, dimethyloylalioxane added to reduce foaming), fresh cucumbers, water, salt, contains less than 2 of vinegar, lactic acid, sodium benzoate a preservative, antural flavor, spolyorate 80, turmeric extract color, tomato, romaine lettuce, cultured milk, salt, enzymes, annatto color.	1	Burger	1040	81	28	3.5	185	35	1	8	43	1150



#### **Nutrition Guides**





Menu Item:	Quantity	Measure	Calories	Fat (g)	Satrat (p)	Transfat	Chol (me)	Carb (g)	Fiber (g)	Sugar (e)	Protein,	Sodium
Cheese on Cheese Burger  INGREDIENTS: Beef, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika (as color), turmeric (as color), natural flavors and less than 2% silicon dioxide to prevent caking, but neinched flour [wheat flour, matted barbey flour, niacin, reduced iron, thiamin mononitrate, riborlavin, folic acid], water, sugar, soybean oil, yeast, contains less than 2% of each of the following: vegetable oils (coconut oil, canola oil, high oleic soybean oil, west, contains less than 2% of each of the following: vegetable oils (coconut oil, canola oil, high oleic soybean oil, west, owners, wheat flour, sunflower oil and canola oil, mengar, wheat gluten, wheat flour, sunflower oil and canola oil, monogylcerides, corn starch, turmeric (color), mutlodestrin, natural and artificial flavors, calcium sulfate, enzymes, dextrin, soy lecithin, acorbic acid (dough conditioner), butter flavore oil (stoybean oil, paint karnel oil, soy lecithin, natural flavor, beta carotene), sauce (soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, contains less than 2% of salt, water, mustard seeds, vinegar, salt and sodium blauphite as a preservative, filtered honey, distilled withe vinegar, sugar, tomato paste, brown sugar, salt, modified cornstarch, spices, natural flavors (usilied with vinegar, mustard seed, vater, salt, white wine, citric acid, tartaric acid, frult pectin, sugar, spices, water, distilled vinegar, sugar, tomato paste, brown sugar, salt, modified cornstarch, spices, natural flavors (bord), sodium benzoate added as a preservative, bette powder, citric acid, clery seed, corn syrup, molasses, turmeric, caramel color, tamarind "dehydrated, water, sugar, vinegar, contains less than 2% of salt, dehydrated onion, calcium chloride, sodium benzoate preservative, spices foortains mustard and celery), Yellow S, polyscrbate 80, natural flavors (contains celery and mustardl), endon, canola, light delic policy added to reduce foaming, pickle firesh cucumbers, w	1	Burger	760	56	20	1.5	115	38	1	9	30	1320
Cheese on Cheese Burger (Double)  NGREDIENTS: Beef, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika (as color), turmeric (as color), turnal flavors and least than 2% elia, olivaria, and extractives of paprika (as color), turmeric (as color), turnal flavors and least than 2% elia olivaria,	1	Burger	1190	93	37	3	225	40	1	10	56	1860



#### **Nutrition Guides**





Burgers (cont.)	Trie,	, /m	Calories (	I'kcall	SatFat (A)	Transfat	Chol (ma)				Protein (	Sodium (m.)
Menu Item:	Quantity	Measure	Ca/o	Fat (g)	SatE	7ran	Cho42	Carb <sub>(g)</sub>	Fiber(g)	Sugar (e)	Prof	\$00%
Bleu Cheese Burger  INGREDIENTS: Beef, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika (as color), furmeric (as color), hutrustral flavors and less than 2% siltion ofliciade to prevent caking, bun (enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, irbolatin, folica acidl, water, sugar, soybean oil, weast, contains less than 2% of each of the following: wegetable oils (coconut oil, canola oil, high oleic soybean oil), and/or high oleic canola oil), salt, vegetable and grain protein blend (pea, potato, fice), feathrose, calcium propionate (as preservative), vinegar, wheat gluten, wheat flour, sunflower oil and canola oil, monoglyperidies, corn starch, turmeric (color), maltodestrin, natural and artificial flavors, calcium sulfate, enzymes, dextrin, soy lectithin, sacorbic acid idough conditioner), butter flavored oil (soybean oil, paim kernel oil, soy lecithin, natural flavors, beta carotene), onion, canola oil, high oleic canola oil, dimethylpolysiloxane added to reduce foaming, pasteurized milk, cheese cultures, salt, enzymes, penicillium roquefort and natamycin: celluliose added to prevent caking, fresh cucumbers, water, salt, contains less than 2 of vinegar, lactic acid; sodium benzoade a preservative, natural flavors, polysorbate 80, turmeric extract color, tomato, romaine lettuce.  CONTAINS: Egg, milk, sesame, soy, wheat.	1	Burger	700	51	16	1.5	90	36	2	9	24	990
Bleu Cheese Burger (Double)  INGREDIENTS: Beef, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika act color), turmeric (as color), natural flavors and less than 2% silicon dioade to prevent caking, bun (enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acidl, water, sugar, soybean oil, yeast, contains less than 2% of each of the foliowing, vegetable oils foccorout oil, canola oil, high oleic soybean oil, and/or high oleic canola oil), salt, vegetable and grain protein blend (pea, potato, rice), destrose, calcium proplonate [a preservative], vinegar, wheat gluten, wheat flour, sunflower oil and canola oil, monoglycerides, corn starch, turmeric fector), maltodatarin, natural and artificial flavors, calcium sulfate, enzymes, dextrin, soy lecithin, natural and artificial flavors, calcium sulfate, enzymes, dextrin, soy lecithin, ascorbic acid [dough conditioner], butter flavored oil (soybean oil, palm kernel oil, soy lecithin, natural flavors, calcium sulfate, enzeroene), onion, canola oil, ligh oleic canola oil, dimethylpolysliosane added to reduce foaming, pasteurized milk, cheese cultures, salt, nenzymes, penificillium roquefort and natamycin: cellidiose added to prevent caking, fresh cucumbers, water, salt, contains less than 2 of vinegar, lactic acid, sodium bernosate a preservative, natural flavors, polysochase 80, turmeric extract color, tomato, romaine lettuce.  CONTAINS: Egg, milk, sesame, soy, wheat.	1	Burger	1010	77	27	3	170	37	2	9	42	1260

#### Build Your Own Burger

Brioche Bun												
INGREDIENTS: Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acidi, water, sugar, scybean oil, yeast, contains less than 2% of each of the following: vegetable oils (coccourt oil, canola oil, high oleic soybean oil, and/or high oleic canola oil, salt, vegetable and grain protein blend [pea, potato, rice], dextrose, calcium propionate (a preservative), vinegar, wheat gluten, wheat flour, sunflower oil and canola oil, monoglycerides, corn starch, turmeric (color), maltodextrin, natural and artificial flavors, calcium suifate, enzymes, dextrin, soy eletthin, ascorbic acid (dough conditioner), butter flavored oil (soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene).	1	Serving	200	7	2	0	0	30	1	5	5	260
CONTAINS: Soy, wheat.												
Burger Patty												
INGREDIENTS: Beef, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika (as color), turmeric (as color), natural flavors and less than 2% silicon dioxide to prevent caking.	1	Serving	240	21	8	1.5	65	0	0	0	14	60



# **Nutrition Guides**





Build Your Own

Burger (cont.)		, / E	Calories	(KCa)	Satrat (s)	TransFat (	Chol (m,e)					Sodium (m.
Menu Item:	Quantity	Measure	Ca/o	Fat (g)	Sate	Trans	Cho,	Carb	Fiber	Sugar	Protein (	Sodili
Cheddar Cheese INGREDIENTS: Cultured milk, salt, enzymes, annatto color. CONTAINS: Milk.	1	Serving	50	4.5	2.5	0.1	15	0	0	0	3	95
Yellow American Cheese INGREDIENTS: Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), citric acid, enzymes, soy lecithin, color added. CONTAINS: Milk, soy.	1	Serving	60	4.5	2.5	0	15	1	0	1	3	250
White American Cheese INGREDIENTS: Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, acetic acid, enzymes, soy lecithin, artificial color.  CONTAINS: Milk, soy.	1	Serving	50	4.5	2.5	0	10	1	0	1	2	230
Bacon INGREDIENTS: Bacon (curred with water, salt, sugar, sodium erythorbate, sodium nitrite, canola oil, high oleic canola oil, dimethylpolysiloxane added to reduce foaming).	1	Serving	70	7	2.5	0	10	0	0	0	2	130
Pickles INGREDIENTS: Fresh cucumbers, water, salt, contains less than 2% of vinegar, lactic acid, sodium benzoate a preservative, natural flavors, polysorbate 80, turmeric extract color.	1	Serving	4	0	0	0	0	1	0	0	0	260
Lettuce INGREDIENTS: Romaine lettuce.	1	Serving	1	0	0	0	0	0	0	0	0	1
Tomato INGREDIENTS: Tomato.	1	Serving	4	0	0	0	0	1	0	0	0.1	1
Grilled Onions INGREDIENTS: Onion, canola oil, high oleic canola oil, dimethylpolysiloxane added to reduce foaming.	1	Serving	25	1.5	0	0	0	2	0	1	0	0
Onions INGREDIENTS: Raw onions.	1	Serving	10	0	0	0	0	2	0	1	0	0



#### **Nutrition Guides**





Wings	Quantite	Measure	Calories	(g)	SatFat (a)	Transfat	Chol (mp.)	Carb (g)	Fiber(g)	Sugar (p)	Protein (	Soofii.
Menu Item:	OUS	Mes	Ca/e	Fat (g)	Satı	7ra,	8	8	Fib.	Suga	A O	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\
Traditional Bone In Wings (8)  INGREDIENTS: Chicken, water, salt, sugar, cultured norfat mills, cornstarch, salt, Vitamin A palmitate, Vitamin DS, apple cider vinegar, salt, yellow prussiate of soda, dehydrated garlic, ground black pepper, dehydrated onlon, mustard powder, enriched bleached flour (wheat flour, inscin, reduced iron, titamin mononitrate, ribolfavin, folic acidi, corn starch, dehydrated garlic, dehydrated onlon, salt, yellow prussiate of soda, mustard powder, snoked papirika, ground black pepper, corn starch, sodium blcarbonate, sodium aluminum sulfate, monocalcium phosphate.  CONTAINS: Milk, wheat.	8	Wings	820	53	13	0	290	29	1	3	56	3360
Traditional Bone In Wings (16)  INGREDIENTS: Chicken, water, salt, sugar, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, salt, yellow prusiate of soda, dehydrated garlic, ground black pepper, dehydrated onlon, mustard powder, enriched bleached flour (wheat flour, niacin, reduced Iron, thiamin mononitrate, riboflavin, folic acid), corn starch, dehydrated garlic, dehydrated onion, salt, yellow prusiate of soda, mustard powder, smoked paprika, ground black pepper, corn starch, sodium blicarbonate, sodium aluminum sulfate, monocalcium phosphate.  CONTAINS: Milk, wheat.	16	Wings	1640	106	26	0.5	580	58	3	6	112	6720
Traditional Bone In Wings (24)  INGREDIENTS: Chicken, water, salt, sugar, cultured norfat milik, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, salt, yellow prusiate of soda, dehydrated garlie, ground black pepper, dehydrated onion, mustard powder, enriched bleached flour (wheat flour, niacin, reduced Iron, thiamin mononitrate, riboflavin, folic acid), corn starch, dehydrated garlie, dehydrated onion, salt, yeliow prussiate of soda, mustard powder, smoked paprika, ground black pepper, corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate.  CONTAINS: Milk, wheat.	24	Wings	2460	159	39	1	870	88	4	9	168	10070
Smoked Wings (8)  INGREDIENTS: Chicken, water, salt, sugar, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, salt, yellow prussiate of soda, dehydrated garlic, ground black pepper, dehydrated noin, mustard powder, light chill powder, kosther salt, brown sugar, sugar, granulated onlon, granulated garlic, ground mustard, celery seed, black pepper, and cayenne.  CONTAINS: Milk.	8	Wings	400	22	6	0	255	3	0	3	48	2890
Smoked Wings (16)  INGREDIENTS: Chicken, water, salt, sugar, cultured nonfat milk, cornatarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, salt, yellow prussiate of soda, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, light chilip owder, koather salt, brown sugar, sugar, granulated onion, granulated garlic, ground mustard, celery seed, black pepper, and cayenne.  CONTAINS: Milk.	16	Wings	810	45	12	0	505	6	0	5	96	5770
Smoked Wings (24)  INGREDIENTS: Chicken, water, chicken, salt, sugar, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin DS, apple cider vinegar, salt, yellow pursuisate of soda, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, light chill powder, kosher salt, brown sugar, sugar, granulated onion, granulated garlic, ground mustard, celery seed, black pepper, and cayenne.  CONTAINS: Milk.	24	Wings	1210	67	19	0	760	9	0	8	144	8660







Wings (cont.)	Quantity	Measure	Calories ,,	Fat (g)	SatFat (a)	TransFat (	Chol (mp.)	Carb (g)	Fiber(g)	Sugar (p)	0 / ~	Sodium
	/	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	0		/ S		/ 0			\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	/ S
Roasted Wings (8)  INGREDIENTS: Chicken, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin DS, parsley, water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, sugar, stall, yellow prussiate of soda, manioc, water, fresh peeled garlic, fresh thyme, water, chicken, salt, yellow prussiate of soda, sugar  CONTAINS: Milk.	8	Wings	460	26	7	0	285	4	0	3	52	2690
Roasted Wings (16)  INGREDIENTS: Chicken, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin DS, parsley, water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, sugar, salt, yellow prussiate of soda, manioc, water, fresh peeled garlic, fresh thyme, water, chicken, salt, yellow prussiate of soda, sugar  CONTAINS: Milk.	16	Wings	920	53	15	0	565	9	0	7	104	5380
Roasted Wings (24)  INGREDIENTS: Chicken, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin DS, parslev, water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, sugar, salt, yellow prusslate of soda, manioc, water, freah peeled garlic, fresh thyme, water, chicken, salt, yellow prusslate of soda, sugar.  CONTAINS: Milk.	24	Wings	1390	79	22	0	850	13	0	10	156	8060
Traditional Boneless Wings (10) INGREDIENTS: Boneless, skinless chicken breast meat nuggets, salt, monosodium glutamate, sugar, spices, paprika, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, dehydrated garlie, ground black pepper, dehydrated onion, mustard powder, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3.  CONTAINS: Milk, wheat.	10	Wings	400	19	4	0	105	23	1	1	34	1190
Traditional Boneless Wings (20) INGREDIENTS: Boneless, skinless chicken breast meat nuggets, salt, monosodium glutamate, sugar, spices, paprika, cultured nonfat milk, corrstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3.  CONTAINS: Milk, wheat.	20	Wings	800	38	8	0	205	47	2	2	68	2380
Traditional Boneless Wings (30) INGREDIENTS: Boneless, skinless chicken breast meat nuggets, salt, monosodium glutamate, sugar, spices, paprika, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin DS, apple clder vinegar, dehydrated garfic, ground black peoper, dehydrated onion, mustard powder, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin DS.  CONTAINS: Milk, wheat.	30	Wings	1200	57	12	0	310	70	2	3	102	3570







Sides	Quantito	Measure	Calories."	(g)	SatFat (p)	Transfat	Chol (mp.)	68)		Sugar (s)		Sodium
Menu Item:	Qua	Mea	\	Fat (g)	Satt	Tran	%	Carb (g)	Fiber	Suga	Protein.	800/
French Fries  INGREDIENTS: Potatoes, vegetable oil (contains one or more of the following: canola, palm, soybean, sunflower), modified food starch (potato, corn, taploca, rise flowly, dextrin, salt, leavening disodium dihydrogen pyrophosphate, sodium bicarbonate, dextrose, xanthan gum, fully refined peanut oil, with dimethylpolysiloxane (an anti-foam agent) added, salt, sugar, dehydrated onion, spices, comstarch, dehydrated garlic, paprika and extractives of paprika (as color), turmeric (as color), natural flavors and less than 2% silicon dioxide to prevent caking.	1	Serving	410	19	4	0	0	53	5	0	6	1080
Brussels Sprouts INGREDIENTS: Brussels sprouts, fully refined peanut oil, with dimethylpolysiloxane (an anti-foam agent) added, salt, yellow prussiate of soda.	1	Serving	540	46	9	0	0	22	10	7	9	1400
Sweet Potato Tots  INGREDIENTS: Sweet potatoes, sugar, corn starch, vegetable oil (contains one or more of the following: high oleic canola, canolal, modified food starch (corn, tapioca, potato), (rice flour, satt, deatrin, natural flavor, color (turmeric, oleoresin paprikal, dextrose, xanthan gum, leavening (disodium dihydrogen pryophosphate sodium biaerbonate), vegetable oil (canola, paim, soy), salt, disodium dihydrogen pyrophosphate (to maintain natural color), dextrose.	1	Serving	300	13	1.5	1	0	43	4	20	3	420
Onion Rings INGREDIENTS: Onions, beer (water, barley malt, corn and/or rice, hops, yeast, sodium chloride), bleached wheat flour, sopbean oil, yellow corn flour, sugar, contains less than 2% of: whey (milk), natural flavor, dextrose, leavening isodium bicarbonate, monocalcium phosphate), autolyzed yeast extract, salt, canola oil, high oleic canola oil, dimethylpolysiloxane added to reduce foaming.  CONTAINS: Milk, wheat.	1	Serving	640	54	5	0	0	32	0	5	5	250
Mini Biscuits (2–count)  INGREDIENTS: Biscuit (enriched bleached wheat flour [bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], vegetable oil shortening [palm oil], sugar, butternilik, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], salt, whey, natural flavor, milk, cream, contains less than 1% of: sodium citrate, soybean oil, soy lecithin, dimethylpolysiloxane, propellant), honey butter spread fbutter [cream, salt], water, honey, corn syrup, sugar, soybean oil, natural flavor, nonfat dry milk, mono and di-glycerides, salt, soy lecithin, sodium benzota eaded as preservative, propylene glycol alginate, calcium disodium EDTA added to protect flavor).  CONTAINS: Milk, soy, wheat.	2	Biscuits	240	12	8	0	10	31	2	5	4	580







Treats	Quantitic	, /m	Calories	(g)	SatFat (B)	Transfat	Chol (ma)				Protein (	Sodium (mg)
Menu Item:	Qual	Measure	Ca/o	Fat (g)	SatE	Tran	C401	Carb (g)	Fiber (g)	Sugar (a)	Prof	Sodii
Cinnamon Roll  INGREDIENTS: Roll (unbleached enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, butter (cream), sugar, yeast, eggs, cinamon, sult, anthan gum, food enzymes (amylase, yylanase), wheat gluten, ascorbic acid, dried eggs, skim milk, soy flour), icing (sugar, cream cheese milk, cream from milk, cheese culture, salt, carob bean gum, vegetable shortening palm oil, mono and diglycerides, polysorbate 60, corn syrup, contains less than 2 of the following, water, salt, lactic acid, to preserve freshness sodium benzoate, potassium sorbate, whey a milk derivative, guar gum, cultured whey a milk derivative, maltodextrin, citric acid, artificial colors Yellow 5, and Yellow 6).  CONTAINS: Milk, egg, soy, wheat.	1	Pastry	450	19	13	0	55	60	2	24	7	530
Chocolate Toffee Cookie  INGREDIENTS: Semi-sweet chocolate chips and flakes (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural flavor), enriche bleach flour (bleached wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, unsalted butter (sweet cream (milk), natural flavor), eggs, toffee pieces (organic evaporseted cane juice, occount oil, butter, sait, agar, natural flavor, caramel color, soy lecithin, citric acid), contains 2% or less of: molasses, dextrose, invert sugar, baking soda, salt, water, glycerine, butter oil, natural and artificial flavor.  CONTAINS: Milk, egg, soy, wheat.	1	Cookie	360	16	9	0	40	48	2	30	4	220
Lemon Pie Bar  INGREDIENTS: Sugar, eggs, butter, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acild, water, contians 2% or less: modified constatch, lemon juice concentrate puree, destrose, citric acid, mono- and diglycerides, salt, cornstarch, wheat starch, lemon oil, sal oil, baking soda, natural and artificial flavors, soy lecithin.  CONTAINS: Milk, egg, soy, wheat.	1	Bar	330	16	9	0	115	41	0	30	4	130



#### **Nutrition Guides**





Sauces, Seasonings, and Dressings

and Dressings	Quantity	Measure	Calories	(g)	SatFat (p)	TransFat (E)	Chot (ma)	6 (8)	Fiber (g)	Ar (a)	vi / ~	Sodium (m.)
Menu Item:	Q	Mes	\	Fat	Sati	/ra,	240	Carb	Fibe	Sugar	Pro	/ %
White BBQ INGREDIENTS: Soybean oil, water, apple cider vinegar, sugar, egg yolk, distilled vinegar, horseredish, salt, contains 2% or less of: mustard seed, molasses, spice, potassium sorbate and sodium benzoate (preservatives), white wine, xanthan gum, citric acid, turmeric, natural flavor, calcium disodium EDTA added to protect flavor.  CONTAINS: Egg.	1	Serving	320	33	5	0	30	6	0	5	1	490
Red Pepper Garlic  INGREDIENTS: Water, hot pepper paste [corn syrup, chills, miso (water, soybeans, cultured rice, sea salt), salt, distilled vinegar, sunflower oil, natural flavors, extractives of paprikal, sugar, ketchup (tomato concentrate, distilled vinegar, sugar, salt, noino powder, spice, natural flavoring), soy sauce (water, wheat, soybeans, salt, lactic acid), rice vinegar, miso (water, organic soybeans, rice, salt, koji starter (aspergillus oryzael), garlic (including dehydrated), contains 2% or less of: seasme seed oil, salt, potassium sorbate and sodium benzoate (preservatives), citric acid, xanthan gum, calcium disodium EDTA added to protect flavor CONTAINS: Sesame, soy, wheat.	1	Serving	80	1	0	0	0	17	1	13	1	790
Buffalo  INGREDIENTS: Water, cayenne red pepper, distilled vinegar, salt, soybean oil, contains 2% or less of: spice, sugar, xanthan gum, modified corn starch, dehydrated garlic, natural flavor, calcium disodium EDTA added to protect flavor.	1	Serving	40	2.5	0	0	0	3	1	1	0	1920
Sweet Chili  INGREDIENTS: Sugar, water, corn syrup, chili garlic sauce [salted chili pepper (chili peppers, salt), water, sugar, rice vinegar, garlic*, modified corn starch, sactle acidi, distilled vinegar, sysuace (water, soybeans, salt, alcohol), modified corn starch, salt, ginger, red bell pepper*, yeast extract, xanthan gum, cltric acid. *dehydrated.  CONTAINS: Soy.	1	Serving	130	0	0	0	0	32	0	28	0	790
Smokehouse BBQ  INGREDIENTS: Water, tomato paste, sugar, distilled vinegar, brown sugar, seasoning (sugar, natural smoke flavor, spices including mustard, onion*, chili peppers, garlic *), honey, molasses, salt, modified corn starch, spice, garlic*, onion*, natural flavor (including smoke flavor), potassium sorbate and sodium benzoate added as preservatives, tamarind *dehydrated.	1	Serving	80	0	0	0	0	20	1	17	1	540
Buttermilk Ranch INGREDIENTS: Canola oil, buttermilk, filtered water, white wine vinegar, egg yolk, cane sugar, salt, corn starch, garlic*, onlon*, yeast extract, zanthan gum, natural flavor, spices. *dried.  CONTAINS: Egg, milk.	1	Serving	220	23	3	0	20	2	0	1	1	480
Spicy Glaze  INGREDIENTS: Soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene, pure maple syrup, made from the juice of apples, salt, yellow prussiate of soda, smoked paprika, ground cayenne red pepper, dehydrated garlic, chipotle chili, dehydrated onion, soy lecithin.  CONTAINS: Soy.	1	Serving	310	28	8	0	0	13	1	9	1	980



#### **Nutrition Guides**





# Sauces, Seasonings, and Dressings (cont.

and Dressings (cont.)	Quantity	Measure	Calories	IKCall)	SatFat (p)	Transfat (	Chol (mg)	(8)	Fiber(g)		Protein	Sodium (m.)
Menu Item:	Qua	Mea	Ca/o	Fat (g)	Sate	Tran	25	Carb (g)	Fibe	Sugar	Prot	2008
Sriracha Garlic Seasoning INGREDIENTS: Spices (including paprika), sugar, salt, garlic, citric acid, corn maltodextrin, cayenne pepper sauce (salt, aged cayenne red peppers, vinegar, garlic), extractives of paprika, calcium silicate & silicon dioxide (to make free flowing), natural flavor, & vinegar solids.	1	Serving	0	0	0	0	0	0	0	0	0	300
Lemon Pepper Seasoning INGREDIENTS: Salt, black pepper, citric acid, dehydrated onion, dehydrated garlic, sugar, Yellow 5 lake, maltodextrin, natural flavor, and less than 2% silicon dioxide added to prevent caking.	1	Serving	0	0	0	0	0	0	0	0	0	1270
Old Bay INGREDIENTS: Spices and herbs including black pepper and red pepper, salt, brown sugar, and paprika.	1	Serving	10	0.5	0	0	0	1	1	0	0	1040
Burger Sauce  INGREDIENTS: Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, contains less than 2% of sait, water, mustard seed, calcium disodium EDIA fix portect flavor, organic bardic ocneentrate, organic sugar, organic distilled vinegar, salt, less than 2% of: organic spices, organic garlice yowder, organic onion powder, antural flavors, water, distilled vinegar, sugar, tomato paste, brown sugar, salt, modified cornstarch, spices, natural flavor including natural smoke flavor, monosodium glutamate, onion*, mustard seed, garlic*, sodium benzoate added as a preservative, beet powder, citr'i acid, celery seed, corn syrup, molasses, turmeric, caramel color, tamarind, water, soybeans, rice, salt, alcohol "dehydrated.  CONTAINS: Egg, soy.	1	Serving	270	31	3.5	0	25	7	1	5	0	440



#### **Nutrition Guides**





Catering	Quantity	Measure	Calories	(KCal)	at (a)	Transfat	Chol (me)	Carb <sub>(g)</sub>	Fiber(g)	), (a)		Sodium
Menu Item:	Qua	Mea	\	Fat (g)	SatFat	Tran	2%	Carl	Fibe	Sugar	Protein,	Soq,
Boneless Wing Tray (50, 100) INGREDIENTS: Boneless, skinless chicken breast meat nuggets, salt, monosodium glutamate, sugar, spices, paprika, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3.  CONTAINS: Milk, wheat.	1	Wing	40	2	0	0	10	2	0	0	3	120
Roasted Wing Tray (Large, Small)  NGREDIENTS: Chicken, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin DS, parsley, sugar, water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, salt, yellow prusslate of soda, manioc, water, fresh peeled garlic, fresh thyme.  CONTAINS: Milk.	1	Wing	60	3.5	1	0	35	1	0	0	6	340
Smoked Wing Tray (40, 80)  INGREDIENTS: Chicken, water, salt, yellow prusslate of soda, sugar, cultured nonfat milk, cornstarch, salt, vitamin A palmitate, vitamin D3, apple cider vinegar, salt, yellow prusslate of soda, dehydrated garlic, ground black pepper, dehydrated onlorn, mustard powder, light chilli powder, kosther salt, brown sugar, sugar, granulated onlorn, granulated garlic, ground mustard, celery seed, black pepper, and cayenne.  CONTAINS: Milk.	1	Wing	50	3	1	0	30	0	0	0	6	360
Traditional Bone In Wing Tray (Large, Small)  NGREDIENTS: Chicken, water, salt, yellow prussiate of soda, sugar, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, salt, yellow prussiate of soda, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn starch, dehydrated garlic, dehydrated onion, salt, yellow prussiate of soda, mustard powder, smoked apprika, ground black pepper, corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate.  CONTAINS: Milk.	1	Wing	100	7	1.5	0	35	4	0	0	7	420
Almond Pastry Tray (10)  INGREDIENTS: Pastry (unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflawin, folic acid), butter, water, fresh whole milk, sugar, eggs, yeast, satt, inactive dry yeast, xanthau, gum, enzymes and ascorbic acid), aimond filling falmond paste falmonds, sugar, water, natural flavor), sugar, butter, eggs, wheat flour (wheat flour, malted barley flour, niacin, reduced fron, thiamine mononitrate, riboflavin, folic acid), natural flavor), aimonds.  CONTAINS: Milk, egg, tree nuts, wheat.	1	Pastry	400	22	11	0	65	44	1	13	7	340







Catering	Quantity	Measure	Calories ,,	(g)	at (a)	TransFat (	(8),	(8)	Fiber(g)	31 (0)	0 / ~	Sodium
Menu Item:	Ous	Mea	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	Fat (	SatFat	Tran	Chol	Carb	Fibe	Sugar	Prou	Sool
Chocolate Brioche Tray (10)  INGREDIENTS: Unbleached enriched flour (wheat flour, nlacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), custard cream (water, skim milk powder, whey powder, sugar, modified tapioca starch, egs, natural flavor, cultured wheat starch, beta carotene), butter (cream), water, semisweet chocolate (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), eggs, sugar, yeast, partially skimmed milk (milk, Vitamin A palmitate, Vitamin D3), salt, wheat gluten, food enzymes (sylanase, amylase), ascorbic acid, dried eggs, skim milk, soy flour.  CONTAINS: Milk, egg, soy, wheat.	1	Pastry	360	19	11	0	65	44	2	15	8	360
Cinnamon Roll Tray (10)  NGREDIENTS: Pastry (unbleached enriched flour [wheat flour, nlacin, iron, thianim mononitrate, riboflavin, folic acid], water, butter (cream], sugar, yeast, eggs, cinnamon, salt, xanthan gum, food enzymes [amylase, xylanase], wheat gluten, ascorbic acid, dried eggs, skin nilk, soy flour), icling (sugar, ream cheese milk, cream from milk, cheese culture, salt, carob bean gum, wegetable shortening palm oil, mono and dighyerides, polysorbate 80, corn syrup, contains less than 2 of the following: water, salt, lactic acid, to preserve freshness sodium benzoate, potassium sorbate, whey, guar gum, cultured whey, maltodextrin, citric acid, artificial colors Yellow 5, and Yellow 6).  CONTAINS: Milk, egg, soy, wheat.	1	Pastry	450	19	13	0	55	60	2	24	7	530
Croissant Tray (10)  INGREDIENTS: Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), butter (cream), water, sugar cane, yeast, whole milk powder, eggs, salt, wheat gluten, food enzymes (xylanase, amylase), ascorbic acid  CONTAINS: Milk, egg, wheat.	1	Pastry	330	18	11	0	55	34	1	6	7	370
Chocolate Toffee Cookie Tray (20, 40)  INGREDIENTS: Semi-sweet chocolate chips and flakes (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural flavor), enriched bleach flour (bleached wheat flour, malted bately flour, naich, ivor, thiamine mononitare, riboflowin, folic acidi, sugar, unsalted butter (sweet cream (milk), natural flavor), eggs, toffee pieces (organic evaporated care juice, occonut oil, butter, salt, agar, natural flavor, caramel color, soy lecithin, circla caid), contains 2% or less of molasses, dextrose, invert sugar, baking soda, salt, water, glycerine, butter oil, natural and artificial flavor.  CONTAINS: Egg, milk, soy, wheat.	1	Cookie	360	16	9	0	40	48	2	30	4	220
Lemon Pie Bar Tray (20, 40) INGREDENTS: Sugar, eggs, butter, enriched bleached flour (wheat flour, maited barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, contains 2% or less: modified cornstarch, lemon juice concentrate puree, dextrose, citric acid, mon- and diglycerides, salt, cornstarch, wheat starch, lemon oil, sal oil, baking soda, natural and artificial flavors, soy lecithin.  CONTAINS: Egg. milk, soy, wheat.	1	Bar	330	16	9	0	115	41	0	30	4	130

