

Section 2: Lunch Specials and Sandwiches

Menu Item	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)	% Cals from Fat	% from Carb:	% from protein
7 oz BBQ Bacon Pepperjack Burger w/o sauce & bun, w/ cheese, bacon, bbq sauce	877	615	68.3g	28g	202mg	1250mg	12.4g	0g	12.4g	53.2g	70.1%	5.7%	24.3%
7 oz BBQ Bacon Pepperjack Burger w/ sauce, BBQ sauce, cheese, bacon, no bun	893	615	68.3g	28g	202mg	3882mg	14.4g	0g	14.4g	55.2g	68.8%	6.4%	24.7%
7 oz BBQ Bacon Pepperjack Burger w/ sauce, BBQ sauce, cheese, bacon, bun	1053	641	71.2g	28.7g	202mg	4200mg	42.9g	1.5g	41.4g	60g	60.9%	16.3%	22.8%
7 oz BBQ Bacon Pepperjack Burger w/ sauce, BBQ sauce, cheese, bun, chips, ketchup, mustard, mayo packets, lettuce & tomato cold pack	1300	800	88.9g	32.1g	215mg	4599mg	62.7g	2g	60.7g	62.3g	61.5%	19.3%	19.2%
5 oz BBQ Bacon Pepperjack Chicken w/o sauce & bun, w/ cheese, bacon, bbq sauce	536	280	31.1g	12.6g	147mg	1193mg	12.4g	0g	12.4g	51.5g	52.3%	9.3%	38.5%
5 oz BBQ Bacon Pepperjack chicken w/ sauce, BBQ sauce, cheese, bacon, no bun	552	280	31.1g	12.6g	147mg	3825mg	14.4g	0g	14.4g	53.5g	50.8%	10.4%	38.8%

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5 oz BBQ Bacon Pepperjack chicken w/ sauce, BBQ sauce, cheese, bacon, bun	711	306	34g	13.3g	147mg	4143mg	42.9g	1.5g	41.4g	58.3g	43.1%	24.1%	32.8%
5 oz BBQ Bacon Pepperjack chicken w/ sauce, BBQ sauce, cheese, bun, chips, ketchup, mustard, mayo packets, lettuce & tomato cold pack	958	465	51.7g	16.7g	160mg	4542mg	62.7g	2g	60.7g	60.6g	48.5%	26.2%	25.3%
6 oz Ribeye Sandwich w/o sauce and bun ala carte	336	178	19.8g	9.6g	116mg	448mg	1g	0g	1g	38.5g	53%	1.2%	45.8%
6 oz Ribeye Sandwich w/sauce and cheese, no bun	352	178	19.8g	9.6g	116mg	3080mg	3g	0g	3g	40.5g	50.6%	3.4%	46%
6 oz Ribeye Sandwich w/ sauce, cheese, and bun	511	204	22.7g	10.3g	116mg	3398mg	31.5g	1.5g	30g	45.3g	39.9%	24.6%	35.4%
6 oz Ribeye Sandwich w/ sauce, cheese, bun, chips, lettuce and tomato slices, ketchup, mayo, and mustard packets	723	357	39.7g	13.5g	129mg	3737mg	45.2g	1.6g	43.6g	46.4g	49.4%	25%	25.7%

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7 oz Cheesburger w/o sauce & bun, w/ cheese	579	419	46.6g	20.5g	162mg	477mg	1g	0g	1g	39.1g	72.3%	0.7%	27%
7 oz Cheesburger w/ sauce and cheese, no bun	595	419	46.6g	20.5g	162mg	3109mg	3g	0g	3g	41.1g	70.4%	2%	27.6%
7 oz Cheesburger w/ sauce, cheese, bun	755	445	49.5g	21.2g	162mg	3427mg	31.5g	1.5g	30g	45.9g	59%	16.7%	24.3%
7 oz Cheesburger w/ sauce, cheese, bun, chips, ketchup, mustard, mayo packets, lettuce & tomato cold pack	1002	604	67.2g	24.6g	175mg	3826mg	51.3g	2g	49.3g	48.2g	60.3%	20.5%	19.2%
5 oz Chicken Breast w/o sauce & bun, w/ cheese	238	84	9.4g	5.1g	107mg	420mg	1g	0g	1g	37.4g	35.4%	1.7%	63%
5 oz Chicken Breast w/ sauce and cheese, no bun	254	84	9.4g	5.1g	107mg	3352mg	3g	0g	3g	39.4g	33.1%	4.7%	62.1%
5 oz Chicken Breast w/ sauce , cheese, bun	413	110	12.3g	5.8g	107mg	3370mg	31.5g	1.5g	30g	44.2g	26.6%	30.5%	42.8%
5 oz Chicken Breast w/ sauce , cheese, bun, chips, ketchup, mustard, mayo packets, lettuce & tomato cold pack	660	269	30g	9.2g	120mg	3769mg	51.3g	2g	49.3g	46.5g	40.7%	31.1%	28.2%
7 oz Bacon Cheddar Burger w/o sauce & bun w/ cheese, bacon	836	620	68.9g	28.4g	205mg	948mg	0.6g	0g	0.6g	53.3g	74.2%	0.3%	25.5%
7 oz Bacon Cheddar Burger w/ sauce, cheese, bacon, no bun,	846	652	72.5g	30g	197mg	3211mg	2.3g	0g	2.3g	46.1g	77.1%	1.1%	21.8%
7 oz Bacon Cheddar Burger w/ sauce, cheese, bacon, bun,	1011	646	71.8g	29.1g	205mg	3898mg	31.1g	1.5g	29.6g	60.1g	63.9%	12.3%	23.8%
7 oz Bacon Cheddar Burger w/ sauce, cheese, bun, chips, ketchup, mustard, mayo packets, lettuce &tomato cold pack	1258	805	89.5g	32.5g	218mg	4297mg	50.9g	2g	48.9g	62.4g	64%	16.2%	19.8%