

Jefferson's

WINGS • BURGERS • OYSTERS

Nutrition Guide

	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
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APPETIZERS Nutritional values stated below reflect appetizers without sauce and does not account for variations or substitutions requested by the guest. See additional values listed below for more nutritional information.

Fried Pickles	880	400	46	7		0.5	0		3080	150	106	4			14
Add Blue Cheese Dressing	260	250	28	6				20	500		2		2	2	2
Add Ranch Dressing	180	160	18	3				20	310	35	1		1		1
Fried Jalapeños	190	120	14	2		0			1640	15	15		4		2
Add Blue Cheese Dressing	260	250	28	6				20	500		2		2	2	2
Add Ranch Dressing	180	160	18	3				20	310	35	1		1		1
Buffalo Chicken Nachos with Fried Chicken	1790	1060	120	38		1.5	2.5	290	3790	960	98	11	9		86
Buffalo Chicken Nachos with Grilled Chicken	1490	840	95	34		1	1.5	230	3780	840	93	10	10		71
Add Signature Sauce															
Add Blue Cheese Crumbles	100	70	8	4.5				25	360		2				5
Ultimate Cheese Fries	1720	1070	121	41				130	3670	1570	115	10	9		47
Add Ranch	180	160	18	3				20	310	35	1		1		1
Add Sour Cream	100	90	10	6				40	70		4		2		
Add Jalapeños	0								390		1				
Bottomless Tortilla Chips	700	380	43	5					1380	230	73	9			9
Add Salsa															
Add Guacamole	360	300	34	6					620	910	17	11	6		6
Add Queso	450	300	34	23				85	2040	140	11		6		23
Add Spinach Dip	280	180	20	10				30	1080		14	3	9		14
Jalapeño Cheese Bites	1040	740	84	23		0	0	100	2390	280	51		7	4	28
Cheese Stix	800	380	43	15				50	1520	360	76		8	2	31
Corn Nuggets	1010	630	72	11				20	1270		88	5	15	10	8
Fried Mushrooms	560	360	41	6		0.5	0	30	30	920	41	4	6		14
Add Blue Cheese Dressing	260	250	28	6				20	500		2		2	2	2
Add Ranch Dressing	180	160	18	3				20	310	35	1		1		1
Quesadilla	1000	620	70	29		0	0	140	2500	230	66	3	9	4	29
Add Chicken Breast	240	80	9	2		1	1.5	105	330	320	2				38
Add Shrimp	120	60	6	1				50	480	65	4	3			11
Add Steak	180	70	8	3.5	0			50	500		5				23
Add Tortilla Chips	930	510	57	7					1840	310	98	12			12

OYSTERS Nutritional values stated below reflect oysters without cocktail sauce, horseradish or crackers and does not account for variations or substitutions requested by the guest. See additional values listed below for more nutritional information.

Dozen Baked Oysters	630	470	53	12		0		90	1540	520	25	3	10	7	16
Dozen Buffalo Oysters	230	80	9	4				90	1860	470	23	2	11	7	16
Dozen Cajun Oysters	540	420	47	8				70	1470	430	18	2	10	7	12
Dozen Raw Oysters	140	25	3					70	640	430	18	2	10	7	12
Dozen Rockefeller Oysters	460	240	27	11				120	1720	470	27	3	13	7	28
Half Dozen Baked Oysters	340	240	27	6				45	1020	340	19	3	10	7	9
Half Dozen Buffalo Oysters	140	40	4.5	2				45	1180	320	19	2	10	7	9
Half Dozen Cajun Oysters	300	210	24	4				35	990	300	16	2	10	7	7
Half Dozen Raw Oysters	100	15	1.5					35	570	300	16	2	10	7	7
Half Dozen Rockefeller Oysters	260	120	14	6				60	1110	320	21	3	11	7	15
Add Cocktail Sauce															
Add Horseradish	60								300	180	12				
Add Crackers	25								90		5				

WINGS Nutritional values stated below reflect traditional wings without Signature Sauces, ranch or blue cheese dressing, or sides and does not account for variations or substitutions requested by the guest. See **Signature Sauces** and **Sides** for more nutritional information.

5 Wings	550	390	44	10		6	11	115	115	260					37
10 Wings	1100	780	88	20		12	21	235	230	510					75
15 Wings	1640	1160	132	30		17	32	350	340	770					112
20 Wings	2190	1550	175	40		23	43	470	460	1030					150
30 Wings	3290	2330	263	60		35	64	705	690	1540					225
50 Wings	5480	3880	438	100		58	107	1170	1140	2570					375
WING ADD-ONS															
Add Celery	5	0	0						25	90	1				0
Add Chips	230	130	14	2					460	75	24	3			3
Add Ranch Dressing (2 oz)	180	160	18	3				20	310	35	1		1		1
Add Blue Cheese Dressing (2 oz)	260	250	28	6				20	500		2		2	2	2

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BONELESS WINGS Nutritional values stated below reflect boneless wings without Signature Sauces, ranch or blue cheese dressing, or sides and does not account for variations or substitutions requested by the guest. See **Signature Sauces** and **Sides** for more nutritional information.

6 Boneless Wings	560	380	43	7				50	900	300	25	2			23
12 Boneless Wings	1130	760	86	13				105	1800	600	51	3			45
18 Boneless Wings	1690	1140	129	20				155	2700	900	76	5			68
24 Boneless Wings	2260	1520	172	27				210	3600	1200	102	6			90
BONELESS WING ADD-ONS															
Add Celery	5	0	0						25	90	1				0
Add Chips	230	130	14	2					460	75	24	3			3
Add Ranch Dressing (2 oz)	180	160	18	3				20	310	35	1		1		1
Add Blue Cheese Dressing (2 oz)	260	250	28	6				20	500		2		2	2	2

SIGNATURE SAUCES Per 5 traditional wings or 6 boneless wings

Add Asian Zinger Sauce	140								1120		34		28	28	
Add Cajun tossed with butter	360	350	40	7					840						
Add Caribbean Jerk tossed with butter	360	350	40	7					1290						
Add Garlic Parmesan Sauce	210	190	22	4				15	370		3		1	1	1
Add Hickory BBQ Sauce	100								780	200	24		20	18	
Add Honey BBQ Sauce	140								850	55	36		33	32	0
Add Honey Sriracha Sauce	140								720	70	34		32	32	
Add Hot Sauce									2160						
Add Hot Yaki Sauce	50								2190		11		10		
Add Lemon Pepper tossed with butter	370	350	40	7					1410		1				
Add Mango Habanero Sauce	100								360		24		24	20	
Add Medium Sauce	140	130	15	2.5					920						
Add Mild Sauce	170	170	19	3.5					690						
Add Ranch Rub tossed with butter	370	350	40	7					1570		1				
Add Spicy Garlic Parm Sauce	150	140	16	3				10	660		2				1
Add Sweet 'n' Sassy Sauce	140	20	2						760		30	2	26	26	
Add Teriyaki Sauce	90								1860		20		18		
Add Turbo Sauce	10	0	0.5	0		0	0		2030	65	2	1			0
Add Turbo Charged	5	0	0	0		0	0				1	0.5			

TENDERS Nutritional values stated below reflect tenders without dipping sauces, Signature Sauces, or sides and does not account for variations or substitutions requested by the guest. See **Signature Sauces** and **Sides** for more nutritional information.

3 pc. Chicken Tenders	540	300	34	6		1.5	2.5	165	330	440	6				53
3 pc. Grilled Chicken Tenders	270	50	6	1.5		1.5	2	140	560	430	0				51
5 pc. Chicken Tenders	910	500	56	10		2.5	4	275	550	740	11				88
5 pc. Grilled Chicken Tenders	460	90	10	3		2	3.5	235	640	710	0				85
Add Ranch Dressing (2 oz)	180	160	18	3				20	310	35	1		1		1
Add Blue Cheese Dressing (2 oz)	260	250	28	6				20	500		2		2	2	2
Add Honey Mustard Dressing (2 oz)	320	280	32	5				20	220		10		10	10	

BURGERS Nutritional values stated below reflect burgers without sides and does not account for variations or substitutions requested by the guest. See **Sides** for more nutritional information.

Black 'N' Blue Burger	640	310	35	14	1.5	2	10	130	1450	630	35	1	6	4	43
Black Bean Burger (No Cheese)	410	120	14	2.5		5	2		1330	600	55	9	9	4	22
Add American Cheese	70	50	6	3.5				20	340		1				3
Add Cheddar Cheese	80	60	7	4				20	135	15					5
Add Pepper Jack Cheese	80	50	6	4				20	135	15	1				5
Add Provolone Cheese	80	50	6	3.5				15	180		1				5
Add Swiss Cheese	80	60	7	4				20	40	15					6
Brunch Burger	790	420	47	18	1.5	3	11	355	1450	710	33	1	7	4	55
Cheeseburger (No Cheese)	540	240	27	9	1.5	2	10	105	990	630	33	1	6	4	38
Add American Cheese	70	50	6	3.5				20	340		1				3
Add Cheddar Cheese	80	60	7	4				20	135	15					5
Add Pepper Jack Cheese	80	50	6	4				20	135	15	1				5
Add Provolone Cheese	80	50	6	3.5				15	180		1				5
Add Swiss Cheese	80	60	7	4				20	40	15					6
Add Bacon	90	60	7	3				20	250						6
Double Cheeseburger (No Cheese)	850	420	48	17	3	2.5	19	210	1540	1080	33	1	6	4	69

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Add American Cheese	140	100	12	7				40	680		2				6
Add Cheddar Cheese	160	120	14	8				40	270	30					10
Add Pepper Jack Cheese	160	100	12	8				40	270	30	2				10
Add Provolone Cheese	160	100	12	7				30	360		2				10
Add Swiss Cheese	160	120	14	8				40	80	30					12
Add Bacon	90	60	7	3				20	250						6
Fried Pickle Burger	810	420	48	15	1.5	2	10	130	1700	670	47	2	7	4	45
Guacamole Bacon Burger	830	460	52	18	1.5	2	10	145	1600	970	40	5	8	4	51
Hamburger	540	240	27	9	1.5	2	10	105	990	630	33	1	6	4	38
Hamburger Steak Platter	550	270	31	9	1.5	0.5	9	105	420	630	28	2	4	1	37
Add Banana Peppers	10								920	55	2		2		
Add Jalapenos	0								390		1				
Jalapeno Burger	770	420	48	16	1.5	2.5	10	135	1840	680	39	2	9	6	43
Jefferson's Burger	750	360	40	16	1.5	2	10	145	1970	730	46	1	17	13	47
Mushroom Swiss Burger	630	320	36	14	1.5	2	10	125	1060	710	34	2	7	4	44
Patty Melt	920	480	55	16	1.5	0.5	9	145	1130	560	59	1	13	10	46

SANDWICHES Nutritional values stated below reflect sandwiches without sides and does not account for variations or substitutions requested by the guest. See **Sides** for more nutritional information.

BLT	450	240	27	10		0		60	1050	180	26	1	3	1	23
Buffalo Chicken Sandwich (Fried, No Signature Sauce)	680	350	39	7		2.5	2.5	130	680	510	37	1	7	4	45
Buffalo Chicken Sandwich (Grilled, No Signature Sauce)	460	140	15	3.5		2.5	2	105	780	500	34	1	7	5	44
Add Blue Cheese Dressing (2 oz)	260	250	28	6				20	500		2		2	2	2
Add Ranch Dressing (2 oz)	180	160	18	3				20	310	35	1		1		1
Chicken Sandwich (Fried)	680	350	39	7		2.5	2.5	130	680	510	37	1	7	4	45
Chicken Sandwich (Grilled)	460	140	15	3.5		2.5	2	105	780	500	34	1	7	5	44
Double Dipped Chicken Sandwich	1030	660	74	16		3	2.5	160	2950	600	41	2	8	4	51
Guacamole Chicken Sandwich (Fried)	980	570	64	16		2.5	2.5	170	1290	850	44	5	9	4	58
Guacamole Chicken Sandwich (Grilled)	760	360	40	13		2.5	2	145	1380	830	41	5	9	5	57
Jefferson's Chicken Sandwich (Fried)	890	460	52	14		2.5	2.5	170	1660	610	50	1	18	13	54
Jefferson's Chicken Sandwich (Grilled)	670	250	28	10		2.5	2	145	1760	600	47	1	18	14	53
Jefferson's Club (Hoagie Bun)	600	210	23	9		0		130	3110	610	49	4	7		47
Jefferson's Club (Texas Toast)	650	230	26	9		0		130	3070	690	54	2	8	2	47
Philly Cheesesteak (Beef, No Cheese)	480	120	14	4.5	0	0		50	1870	190	55	4	8		32
Philly Cheesesteak (Chicken, No Cheese)	540	130	14	3		1	1.5	105	1690	500	52	5	9		47
Add American Cheese	140	110	12	7				40	680		2		2		6
Add Cheddar Cheese	160	120	14	8				40	270	30					10
Add Pepper Jack Cheese	160	110	12	8				40	270	30	2				10
Add Provolone Cheese	160	110	12	7				30	360		2				10
Add Swiss Cheese	160	120	14	8				40	80	30					12

WRAPS Nutritional values stated below reflect wraps without sides and does not account for variations or substitutions requested by the guest. See **Sides** for more nutritional information.

Buffalo Chicken Wrap (Fried, No Signature Sauce)	780	350	39	13		1	1.5	135	970	460	56	3	2		50
Buffalo Chicken Wrap (Grilled, No Signature Sauce)	660	220	25	11		1	1.5	130	1080	480	53	3	3		53
Add Blue Cheese Dressing (2 oz)	260	250	28	6				20	500		2		2	2	2
Add Ranch Dressing (2 oz)	180	160	18	3				20	310	35	1		1		1
Chicken Bacon Ranch Wrap (Fried)	1040	570	65	19		1	1.5	175	1530	490	57	3	4		57
Chicken Bacon Ranch Wrap (Grilled)	920	450	51	17		1	1.5	170	1640	510	54	3	5		60
Chicken Caesar Wrap (Fried)	1000	580	65	15		1	1.5	120	1540	360	57	3	1		47
Chicken Caesar Wrap (Grilled)	880	450	51	13		1	1.5	115	1640	380	54	2	2		50
Chicken Wrap (Fried)	780	350	39	13		1	1.5	135	970	460	56	3	2		50
Chicken Wrap (Grilled)	660	220	25	11		1	1.5	130	1080	480	53	3	3		53
Guacamole Chicken Wrap (Fried)	900	450	51	15		1	1.5	135	1190	780	62	7	4		52
Guacamole Chicken Wrap (Grilled)	790	330	37	13		1	1.5	130	1300	800	59	7	5		55
Turkey Club Wrap	580	220	25	12		0		90	1990	390	53	3	2		36

SEAFOOD Nutritional values stated below reflect seafood without sides and does not account for variations or substitutions requested by the guest. See **Sides** for more nutritional information.

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Buffalo Shrimp Basket (Fried, No Signature Sauce)	370	160	18	3		0	0	90	1250	190	36	6	1		19
Buffalo Shrimp Basket (Grilled, No Signature Sauce)	300	150	17	3				75	990	170	21	6	1		17
Add Blue Cheese Dressing (2 oz)	260	250	28	6				20	500		2		2	2	2
Add Ranch Dressing (2 oz)	180	160	18	3				20	310	35	1		1		1
Buffalo Shrimp Tacos (Fried, No Signature Sauce)	450	130	15	4			0	65	1180	125	58	7			19
Buffalo Shrimp Tacos (Grilled, No Signature Sauce)	400	130	15	4.5				55	990	105	47	7			18
Fish Tacos (No Sauce)	630	270	30	6				40	1070	210	69	4			17
Add Asian Zinger Sauce	140								1120		34		28	28	
Add Jalapeño Sauce	250	220	25	3.5		0	0	25	890	65	6		4	4	0
Fish Wings with Hushpuppies	900	620	70	10				85	1420	310	53	2	3	3	16
Add Cocktail Sauce	50								500	150	13	1	10	7	1
Add Tartar Sauce	300	280	32	5				30	320		2		2	2	
Fried Oyster Basket with Hushpuppies	630	400	45	6		0		105	490	480	39	2	1		19
Add Cocktail Sauce	50								500	150	13	1	10	7	1
Add Tartar Sauce	300	280	32	5				30	320		2		2	2	
Fried Oyster Po'boy	610	340	38	6		0		30	940	290	56	5	8		11
Shrimp Basket with Hushpuppies (Fried)	370	160	18	3		0	0	90	1250	190	36	6	1		19
Shrimp Basket with Hushpuppies (Grilled)	300	150	17	3				75	990	170	21	6	1		17
Add Cocktail Sauce	50								500	150	13	1	10	7	1
Add Tartar Sauce	300	280	32	5				30	320		2		2	2	
Shrimp Po'boy (Fried)	720	360	41	7		0	0	75	1570	330	67	8	8		21
Shrimp Po'boy (Grilled)	680	360	41	7		0		65	1390	320	57	8	8		20

SALADS Nutritional values stated below reflect salads without dressing and does not account for variations or substitutions requested by the guest. See *Salad Dressings* for more nutritional information.

Buffalo Chicken Salad with Fried Chicken (No Signature Sauce)	720	390	45	11		1.5	2.5	190	640	680	19	2	2		62
Buffalo Chicken Salad with Grilled Chicken (No Signature Sau)	420	170	19	7		1	1.5	130	630	560	14	1	3		48
Add Blue Cheese Crumbles	100	70	8	4.5				25	360		2				5
Caesar Salad	440	350	40	9		0		20	1060	150	15				8
Add Chicken Tenders	540	300	34	6		1.5	2.5	165	330	440	6				53
Add Grilled Chicken	240	80	9	2		1	1.5	105	330	320	2				38
Caesar Side Salad	220	180	20	4.5				10	530	75	8				4
Cajun Chicken Salad with Fried Chicken	720	390	45	11		1.5	2.5	190	830	680	19	2	2		62
Cajun Chicken Salad with Grilled Chicken	420	170	19	7		1	1.5	130	830	560	14	1	3		48
Chef Salad	350	170	19	7		0		250	1680	440	16	1	5		33
Chicken Tender Salad	720	390	45	11		1.5	2.5	190	640	680	19	2	2		62
Cobb Salad with Fried Chicken	1060	640	73	18		1.5	2.5	380	1250	1060	26	6	5		78
Cobb Salad with Grilled Chicken	760	420	48	14		1	1.5	320	1250	930	21	5	6		63
Grilled Chicken Salad	420	170	19	7		1	1.5	130	630	560	14	1	3		48
Grilled Shrimp Salad	290	150	17	6		0		75	790	330	17	5	2		20
House Salad	170	100	11	5		0		25	310	240	12	1	2		9
Add Bacon Bits	140	100	11	3.5				20	340						7
Side Salad	90	50	5	2.5				15	150	120	6				5

SALAD DRESSINGS Per 2 oz. serving

Add Balsamic Vinaigrette Dressing	120	90	10	1					400		10		8	8	
Add Blue Cheese Dressing	260	250	28	6				20	500		2		2	2	2
Add Caesar Dressing	300	280	32	5					560		2				2
Add French Dressing	220	190	22	3					480		6		6	6	
Add Honey Mustard Dressing	320	280	32	5				20	220		10		10	10	
Add Italian Dressing	180	160	18	3					480		6		4	4	
Add Light Ranch Dressing	90								180		20		4	4	
Add Ranch Dressing	180	160	18	3				20	310	35	1		1		1
Add Thousand Island Dressing	200	160	18	3				20	440		10		8	8	



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KIDS MEALS															
Boneless Wings (No Signature Sauce)	550	420	47	8				55	910	240	19	1	1		16
Add Ranch	180	160	18	3				20	310	35	1		1		1
Chicken Tenders	360	200	23	4		1	1.5	110	220	300	4				35
Grilled Cheese	380	130	15	4				20	880	80	49	1	5	2	11
Grilled Chicken Tenders	180	35	4	1		1	1.5	95	520	290	0				34
Hamburger	280	140	15	4.5	0.5	1	4.5	50	260	250	17		3	3	19
Mac And Cheese	350	190	21	10				45	760	100	25	2	2		15
Mini Corn Dogs	370	240	28	6				30	640		24		9	9	9
KIDS MEAL ADD-ONS															
Applesauce	60									94	13	1	12	1	
Fries	200	110	13	2					290	270	20	2	1		2
Ice Cream Scoop	150		8	5				35	45	141	17	0	14	10	2
Ice Cream Sandwich	140		3	2					110	94	27	0	14	11	2
Mott's Apple Juice Box	80		0						0	160	19	0	17	0	0
EXTRAS															
BBQ Baked Beans	260	20	2	0.5				5	1220	590	51	6	28	25	9
Basket of Curly Fries	1310	850	96	18					3790	1390	107	11	5	5	11
Basket of Fries	1150	660	75	13					1680	1600	117	11	5		11
Basket of Onion Rings with Special Sauce	990	450	51	7				15	1590	320	122	4	17	9	12
Basket of Sweet Potato Fries with Sweet Sauce	1350	820	93	14		12	12	15	2010	1290	129	5	45	8	5
Basket of Tater Tots	1190	770	87	17					1590	1540	92	10			10
Basket of Tortilla Chips	1390	760	86	11					2750	460	147	18			18
Celery Plate (No Dressing)	10	0	0						40	125	1				0
Coleslaw	170	90	10	2				10	270	230	21	3	16	13	1
Guacamole	380	320	36	6					660	960	18	12	6		6
Mac And Cheese	250		13	8				40	890	140	22	0	4	0	11
Potato Salad	320	200	23	3.5				65	750	520	24	2	9	5	4
Queso	480	320	36	24				90	2160	150	12		6		24
Spinach Dip	300	190	21	11				30	1140	0	15	3	9		15
SIDES															
Side Salad (No Dressing)	90	50	5	2.5				15	150	120	6				5
Side of BBQ Baked Beans	260	20	2	0.5				5	1220	590	51	6	28	25	9
Side of Coleslaw	170	90	10	2				10	270	230	21	3	16	13	1
Side of Curly Fries	440	290	32	6					1270	470	36	4	2	2	4
Side of Fries	390	220	25	4.5					570	540	39	4	2		4
Side of Mac And Cheese	250		13	8				40	890	140	22	0	4	0	11
Side of Onion Rings	580	290	33	5				15	990	160	64	2	11	7	6
Side of Potato Salad	320	200	23	3.5				65	750	520	24	2	9	5	4
Side of Sweet Potato Fries	650	400	45	7		4.5	4.5	15	850	490	60	2	25	8	2
Side of Tater Tots	450	290	33	6					600	580	34	4			4
Side of Tortilla Chips	700	380	43	5					1380	230	73	9			9
BEVERAGES															
Barq's Root Beer	320								140		90		89	89	
Cherry Coke	300								70		84		84	84	
Coca Cola	300								90		81		81	81	
Coke Zero	0								85						
Diet Coke	0								85						
Diet Dr. Pepper	0								120						
Dr. Pepper	300								120		79		77	77	
Hi-C Fruit Punch															
Hi-C Pink Lemonade	290								125	40	75		75		
Iced Tea	5								20	260	2				
Mellow Yellow	340								90		94		94	94	
MinuteMaid Lemonade															
Mr. Pibb	280								80		78		78	78	
Orange Fanta															
Powerade Mountain Blast	160								300	70	42		42		
Sprite	300	0	0						65	5	75		66		0
Sweet Tea	90								20	230	23		21	21	