

NUTRITION FACTS

| | Allergens | Serving Size (g) | Calories per Serving | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Potassium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--|-----------|------------------|----------------------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|------------------------|-------------------|------------|-------------|
|--|-----------|------------------|----------------------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|------------------------|-------------------|------------|-------------|

| HEALTHY DINING | | | | | | | | | | | | | | |
|--|-----|-----|-----|-----|----|-----|-----|-----|------|-----|-----|---|----|----|
| Chicken Fajita Pita made w/ Whole Grain (no salsa) | SMW | 192 | 320 | 100 | 11 | 5 | 0 | 65 | 870 | 380 | 33 | 4 | 3 | 24 |
| Chicken Teriyaki Bowl | SW | 499 | 690 | 50 | 6 | 1 | 0 | 40 | 1470 | 340 | 133 | 5 | 36 | 27 |
| Chiquita* Apple Bites with Caramel | M | 76 | 70 | 0 | 0 | 0 | 0 | 0 | 55 | 85 | 17 | 2 | 13 | 0 |
| Grilled Chicken Salad** | SM | 373 | 250 | 90 | 9 | 4 | 0 | 70 | 660 | 880 | 14 | 4 | 6 | 28 |
| Grilled Chicken Strips with Teriyaki Dipping Sauce | SEW | 227 | 310 | 70 | 8 | 1.5 | 0 | 115 | 1600 | 750 | 16 | 0 | 12 | 44 |
| Jr. Jack* | SEW | 141 | 320 | 140 | 15 | 5 | 0.5 | 30 | 720 | 270 | 33 | 2 | 6 | 14 |
| Smoothie, Mango 16 oz. | M | 411 | 290 | 0 | 0 | 0 | 0 | 0 | 75 | 180 | 72 | 0 | 57 | 2 |
| Smoothie, Strawberry 16 oz. | M | 394 | 270 | 0 | 0 | 0 | 0 | 0 | 70 | 180 | 67 | 1 | 51 | 2 |
| Smoothie, Strawberry Banana 16 oz. | M | 420 | 290 | 0 | 0 | 0 | 0 | 0 | 70 | 210 | 73 | 1 | 57 | 2 |

| BURGERS & MORE | | | | | | | | | | | | | | |
|---|------|-----|------|-----|----|----|-----|-----|------|-----|----|---|----|----|
| Bacon Ultimate Cheeseburger** | SEMW | 284 | 910 | 500 | 56 | 24 | 3 | 165 | 2190 | 650 | 44 | 2 | 7 | 57 |
| Big Cheeseburger | SEMW | 181 | 560 | 270 | 30 | 12 | 1.5 | 80 | 1170 | 340 | 43 | 2 | 6 | 29 |
| Hamburger | SW | 105 | 280 | 100 | 11 | 4 | 0.5 | 25 | 680 | 200 | 32 | 1 | 5 | 14 |
| Hamburger with Cheese | SMW | 116 | 320 | 130 | 14 | 6 | 1 | 35 | 880 | 210 | 32 | 1 | 6 | 16 |
| Jr. Jack* | SEW | 141 | 320 | 140 | 15 | 5 | 0.5 | 30 | 720 | 270 | 33 | 2 | 6 | 14 |
| Jr. Jack* with Cheese | SEMW | 153 | 370 | 170 | 19 | 7 | 1 | 40 | 920 | 280 | 33 | 2 | 6 | 16 |
| Jr. Bacon Cheeseburger | SEMW | 120 | 390 | 180 | 21 | 8 | 1 | 45 | 960 | 240 | 32 | 1 | 6 | 19 |
| Jumbo Jack* | SEW | 218 | 490 | 210 | 23 | 8 | 1.5 | 60 | 1100 | 410 | 44 | 3 | 7 | 26 |
| Jumbo Jack* with Cheese | SEMW | 241 | 570 | 270 | 30 | 13 | 1.5 | 80 | 1310 | 440 | 45 | 3 | 8 | 30 |
| Sirloin Cheeseburger | SEMW | 370 | 940 | 580 | 64 | 21 | 2.5 | 130 | 1990 | 620 | 52 | 3 | 9 | 41 |
| Sirloin Cheeseburger with Bacon | SEMW | 388 | 1030 | 640 | 71 | 23 | 2.5 | 145 | 2400 | 720 | 52 | 3 | 10 | 48 |
| Sirloin Swiss & Grilled Onion Burger | SEMW | 371 | 930 | 570 | 63 | 20 | 2.5 | 125 | 1670 | 620 | 52 | 3 | 9 | 41 |
| Sirloin Swiss & Grilled Onion Burger with Bacon | SEMW | 390 | 1020 | 630 | 69 | 22 | 2.5 | 145 | 2080 | 710 | 52 | 3 | 10 | 49 |
| Sourdough Jack* | SEMW | 223 | 620 | 300 | 41 | 15 | 1.5 | 90 | 1450 | 480 | 40 | 3 | 8 | 35 |
| Sourdough Cheese Melt | SEMW | 215 | 450 | 220 | 25 | 8 | 0 | 55 | 1380 | 400 | 40 | 3 | 6 | 23 |
| Ultimate Cheeseburger** | SEMW | 266 | 820 | 440 | 49 | 21 | 3 | 145 | 1780 | 560 | 44 | 2 | 7 | 50 |

| CHICKEN & MORE | | | | | | | | | | | | | | |
|--|------|-----|-----|-----|----|-----|---|-----|------|-----|----|---|---|----|
| Chicken Fajita Pita made with Whole Grain (no salsa) | SMW | 192 | 320 | 100 | 11 | 5 | 0 | 65 | 870 | 380 | 33 | 4 | 3 | 24 |
| Chicken Fajita Pita made with Whole Grain (w/ salsa) | SMW | 215 | 330 | 100 | 11 | 5 | 0 | 65 | 990 | 390 | 35 | 4 | 4 | 24 |
| Chicken Nuggets 5 pc. | SMW | 77 | 240 | 150 | 17 | 2 | 0 | 25 | 600 | 170 | 13 | 1 | 0 | 9 |
| Chicken Nuggets 10 pc. | SMW | 153 | 480 | 300 | 33 | 4.5 | 0 | 50 | 1210 | 340 | 26 | 2 | 0 | 19 |
| Chicken Nuggets 20 pc. | SMW | 306 | 950 | 600 | 66 | 9 | 0 | 105 | 2420 | 690 | 51 | 4 | 1 | 38 |
| Chicken Sandwich | SEMW | 147 | 410 | 190 | 21 | 3.5 | 0 | 30 | 860 | 250 | 42 | 2 | 4 | 15 |
| Chicken Sandwich with Bacon | SEMW | 160 | 470 | 220 | 25 | 5 | 0 | 45 | 1160 | 320 | 42 | 2 | 4 | 21 |
| Chicken Strips, Crispy 4 pc. | SMW | 195 | 560 | 220 | 24 | 3 | 0 | 60 | 1580 | 550 | 53 | 3 | 0 | 33 |
| Chicken Strips, Crispy 4 pc. | SM | 199 | 250 | 60 | 7 | 1.5 | 0 | 115 | 1070 | 730 | 5 | 0 | 3 | 43 |
| Fish Sandwich (Seasonal) | SEFW | 168 | 390 | 140 | 15 | 2 | 0 | 30 | 890 | 320 | 46 | 2 | 4 | 17 |
| Homestyle Ranch Chicken Club | SEMW | 272 | 730 | 310 | 35 | 8 | 0 | 80 | 2010 | 580 | 65 | 3 | 8 | 39 |
| Jack's Spicy Chicken* | SEMW | 242 | 530 | 180 | 20 | 3 | 0 | 55 | 820 | 520 | 61 | 3 | 6 | 28 |
| Jack's Spicy Chicken* with Cheese | SEMW | 264 | 600 | 230 | 25 | 7 | 0 | 70 | 1110 | 540 | 62 | 3 | 7 | 32 |
| Sourdough Grilled Chicken Club | SEMW | 261 | 540 | 230 | 26 | 7 | 0 | 90 | 1490 | 610 | 38 | 3 | 6 | 39 |

| SOMETHING DIFFERENT | | | | | | | | | | | | | | |
|---|------|-----|-----|-----|----|----|-----|----|------|-----|-----|---|----|----|
| Chicken Teriyaki Bowl | SW | 499 | 690 | 50 | 6 | 1 | 0 | 40 | 1470 | 340 | 133 | 5 | 36 | 27 |
| Grilled Sandwich, Deli Trio | SEMW | 273 | 620 | 260 | 29 | 10 | 0.5 | 75 | 2440 | 440 | 54 | 5 | 4 | 36 |
| Grilled Sandwich, Turkey, Bacon & Cheddar | SEMW | 252 | 660 | 280 | 31 | 11 | 0.5 | 95 | 2160 | 460 | 53 | 5 | 4 | 41 |

| SALADS | | | | | | | | | | | | | | |
|---|-----|-----|-----|-----|----|-----|---|----|------|-----|----|---|---|----|
| Chicken Club Salad w/ Crispy Chicken Strips** | SMW | 377 | 510 | 250 | 28 | 9 | 0 | 65 | 1220 | 730 | 36 | 5 | 4 | 32 |
| Chicken Club Salad w/ Grilled Chicken Strips** | SM | 380 | 360 | 180 | 20 | 8 | 0 | 95 | 970 | 820 | 12 | 4 | 5 | 37 |
| Grilled Chicken Salad** | SM | 373 | 250 | 90 | 9 | 4 | 0 | 70 | 660 | 880 | 14 | 4 | 6 | 28 |
| Southwest Chicken Salad w/ Crispy Chicken Strips** | SMW | 431 | 500 | 210 | 23 | 7 | 0 | 55 | 1260 | 830 | 52 | 8 | 5 | 29 |
| Southwest Chicken Salad w/ Grilled Chicken Strips** | SM | 434 | 350 | 140 | 15 | 6 | 0 | 85 | 1010 | 820 | 28 | 7 | 6 | 34 |
| Bacon Ranch Dressing | SEM | 50 | 220 | 210 | 23 | 3.5 | 0 | 25 | 570 | 60 | 3 | 0 | 1 | 1 |
| Creamy Southwest Dressing | EM | 50 | 190 | 170 | 19 | 3 | 0 | 20 | 740 | 55 | 3 | 0 | 1 | 1 |
| Gourmet Seasoned Croutons | SMW | 14 | 50 | 25 | 3 | 0.5 | 0 | 0 | 150 | 10 | 9 | 0 | 0 | 1 |
| Lite Ranch Dressing | EM | 50 | 130 | 120 | 13 | 2 | 0 | 20 | 490 | 35 | 2 | 0 | 1 | 1 |
| Low-Fat Balsamic Vinaigrette | 43 | 25 | 10 | 1.5 | 0 | 0 | 0 | 0 | 360 | 15 | 3 | 0 | 2 | 0 |
| Spicy Corn Sticks | T# | 12 | 60 | 25 | 3 | 0 | 0 | 0 | 60 | 25 | 7 | 0 | 0 | 1 |

| SNACKS & SIDES | | | | | | | | | | | | | | |
|------------------------------------|------|-----|-----|-----|-----|-----|-----|------|------|-----|----|---|----|----|
| Bacon Cheddar Potato Wedges | SMW | 252 | 600 | 370 | 41 | 9 | 0 | 30 | 1250 | 810 | 58 | 5 | 2 | 17 |
| Chiquita* Apple Bites with Caramel | M | 76 | 70 | 0 | 0 | 0 | 0 | 0 | 55 | 85 | 17 | 2 | 13 | 0 |
| Egg Roll 1 pc. | SEW | 58 | 150 | 70 | 7 | 1.5 | 0 | 5 | 320 | 140 | 15 | 2 | 5 | 5 |
| Egg Roll 3 pc. | SEFW | 174 | 440 | 200 | 22 | 5 | 0 | 20 | 950 | 430 | 46 | 7 | 6 | 16 |
| French Fries, small | SEFW | 107 | 330 | 140 | 15 | 1.5 | 0 | 0 | 610 | 430 | 45 | 3 | 0 | 4 |
| French Fries, medium | 144 | 450 | 190 | 21 | 2 | 0 | 0 | 820 | 580 | 61 | 4 | 1 | 5 | |
| French Fries, large | 196 | 610 | 250 | 28 | 2.5 | 0 | 0 | 1120 | 790 | 83 | 6 | 1 | 7 | |
| Mozzarella Cheese Sticks 3 pc. | SMW | 74 | 280 | 150 | 16 | 6 | 0 | 25 | 590 | 85 | 22 | 2 | 0 | 12 |
| Mozzarella Cheese Sticks 6 pc. | SMW | 149 | 560 | 290 | 33 | 11 | 1 | 45 | 1190 | 170 | 43 | 3 | 1 | 24 |
| Onion Rings | SMW | 97 | 450 | 250 | 28 | 2 | 0 | 620 | 140 | 45 | 3 | 5 | 6 | 4 |
| Seasoned Curly Fries, small | W | 85 | 280 | 150 | 16 | 1.5 | 0 | 0 | 610 | 350 | 30 | 3 | 0 | 3 |
| Seasoned Curly Fries, medium | W | 130 | 430 | 220 | 25 | 2 | 0 | 940 | 530 | 46 | 4 | 0 | 5 | |
| Seasoned Curly Fries, large | W | 177 | 580 | 300 | 34 | 3 | 0 | 1280 | 730 | 63 | 5 | 0 | 7 | |
| Stuffed Jalapenos 3 pc. | MW | 71 | 220 | 110 | 12 | 4.5 | 0 | 15 | 730 | 90 | 21 | 1 | 2 | 6 |
| Stuffed Jalapenos 7 pc. | MW | 165 | 510 | 260 | 29 | 10 | 0.5 | 40 | 1690 | 210 | 49 | 3 | 5 | 14 |
| Taco (1 Taco) | SMW | 84 | 190 | 100 | 11 | 3 | 0 | 15 | 320 | 200 | 17 | 2 | 3 | 6 |

| BREAKFAST | | | | | | | | | | | | | | |
|------------------------------------|------|-----|-----|-----|-----|-----|-----|-----|------|-----|----|---|---|----|
| Bacon Breakfast Jack* | SEMW | 115 | 310 | 120 | 14 | 5 | 0 | 240 | 790 | 190 | 30 | 1 | 4 | 17 |
| Bacon, Egg & Cheese Biscuit | SEMW | 140 | 430 | 220 | 25 | 11 | 0 | 245 | 1060 | 180 | 35 | 2 | 1 | 16 |
| Breakfast Jack* | SEMW | 125 | 280 | 100 | 11 | 4.5 | 0 | 240 | 780 | 190 | 30 | 1 | 4 | 16 |
| Grilled Breakfast Sandwich | SEMW | 253 | 620 | 260 | 29 | 10 | 0 | 490 | 1810 | 380 | 53 | 4 | 4 | 36 |
| Extreme Sausage* Sandwich | SEMW | 210 | 660 | 420 | 47 | 17 | 1.5 | 310 | 1360 | 360 | 32 | 2 | 5 | 29 |
| Hash brown | MW | 64 | 190 | 110 | 13 | 1 | 0 | 0 | 350 | 230 | 17 | 2 | 0 | 2 |
| Jumbo Breakfast Platter, Bacon | SEM | 239 | 560 | 280 | 31 | 7 | 0 | 420 | 1250 | 430 | 46 | 3 | 7 | 24 |
| Jumbo Breakfast Platter, Sausage | SEMW | 259 | 640 | 360 | 40 | 10 | 0 | 435 | 1110 | 430 | 47 | 3 | 7 | 23 |
| Meaty Breakfast Burrito (no salsa) | SEMW | 236 | 610 | 340 | 37 | 15 | 0.5 | 465 | 1440 | 320 | 38 | 4 | 2 | 33 |
| Meaty Breakfast Burrito (w/ salsa) | SEMW | 260 | 620 | 340 | 37 | 15 | 0.5 | 465 | 1560 | 330 | 40 | 4 | 3 | 33 |
| Mini Pancakes | SEMW | 71 | 140 | 15 | 1.5 | 0 | 0 | 0 | 350 | 0 | 28 | 1 | 6 | 4 |
| Sausage Biscuit | SEMW | 119 | 450 | 260 | 29 | 12 | 0 | 30 | 850 | 310 | 35 | 2 | 1 | 11 |
| Sausage Breakfast Jack* | SMW | 145 | 430 | 240 | 26 | 10 | 0 | 265 | 860 | 230 | 30 | 1 | 4 | 19 |
| Sausage Croissant | SEMW | 159 | 560 | 350 | 39 | 16 | 0.5 | 275 | 760 | 220 | 32 | 2 | 3 | 19 |
| Sausage, Egg & Cheese Biscuit | SEMW | 169 | 560 | 340 | 38 | 16 | 0 | 265 | 1130 | 230 | 36 | 2 | 1 | 19 |
| Sourdough Breakfast Sandwich | SEMW | 152 | 410 | 190 | 21 | 8 | 0 | 250 | 1100 | 220 | 35 | 2 | 4 | 20 |
| Steak & Egg Burrito (no salsa) | SEMW | 309 | 790 | 450 | 50 | 14 | 0.5 | 460 | 1580 | 550 | 57 | 6 | 3 | 33 |
| Steak & Egg Burrito (w/ salsa) | SEMW | 333 | 800 | 450 | 50 | 14 | 0.5 | 460 | 1700 | 560 | 58 | 6 | 4 | 33 |
| Spicy Chicken Biscuit | SEMW | 179 | 540 | 230 | 26 | 8 | 0 | 50 | 980 | 380 | 53 | 2 | 2 | 25 |
| Supreme Croissant | SEMW | 148 | 450 | 240 | 27 | 12 | 0.5 | 260 | 890 | 230 | 32 | 2 | 4 | 19 |
| Ultimate Breakfast Sandwich | SEMW | 226 | 520 | 220 | 25 | 10 | 0 | 490 | 1590 | 380 | 42 | 2 | 5 | 33 |

| DRINKS | | | | | | | | | | | | | | |
|------------------------------|--|------|-----|---|---|---|---|---|-----|-----|-----|---|-----|---|
| Barq's® Root Beer 16 fl oz. | | 454 | 180 | 0 | 0 | 0 | 0 | 0 | 40 | 0 | 54 | 0 | 54 | 0 |
| Barq's® Root Beer 20 fl oz. | | 567 | 250 | 0 | 0 | 0 | 0 | 0 | 50 | 0 | 68 | 0 | 68 | 0 |
| Barq's® Root Beer 32 fl oz. | | 907 | 400 | 0 | 0 | 0 | 0 | 0 | 80 | 0 | 109 | 0 | 109 | 0 |
| Barq's® Root Beer 42 fl oz. | | 1191 | 520 | 0 | 0 | 0 | 0 | 0 | 180 | 0 | 131 | 0 | 119 | 0 |
| Coca-Cola Classic® 16 fl oz. | | 454 | 180 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 50 | 0 | 50 | 0 |
| Coca-Cola Classic® 20 fl oz. | | 567 | 230 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 62 | 0 | 62 | 0 |
| Coca-Cola Classic® 32 fl oz. | | 907 | 360 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 100 | 0 | 100 | 0 |
| Coca-Cola Classic® 42 fl oz. | | 1191 | 480 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 131 | 0 | 131 | 0 |
| Aquarius® Bottled Water | | 500 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Diet Coke® 16 fl oz. | | 454 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 45 | 0 | 0 | 0 | 0 |
| Diet Coke® 20 fl oz. | | 567 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 55 | 0 | 0 | 0 | 0 |
| Diet Coke® 32 fl oz. | | 907 | 5 | 0 | 0 | 0 | 0 | 0 | 35 | 90 | 0 | 0 | 0 | 0 |
| Diet Coke® 42 fl oz. | | 1191 | 5 | 0 | 0 | 0 | 0 | 0 | 50 | 120 | 0 | 0 | 0 | 0 |
| Diet Dr Pepper® 16 fl oz. | | 454 | | | | | | | | | | | | |