



the Habit[®]

BURGER GRILL

"There's No Substitute For Quality!"

Nutritional Information

The Habit Burger Grill

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Charburgers															
Charburger on seeded bun	260	470	200	22	6	65	1140	43	3	8	23	10%	15%	6%	20%
on wheat bun	290	520	200	22	6	65	1220	55	4	11	26	10%	15%	8%	25%
Double Charburger on seeded bun	320	640	300	33	10	120	1500	43	3	8	39	10%	15%	8%	30%
on wheat bun	345	690	300	33	11	120	1580	56	4	11	42	10%	15%	10%	35%
Teriyaki Charburger on seeded bun	300	510	200	22	6	65	1610	52	3	16	23	10%	15%	6%	25%
on wheat bun	330	560	200	22	6	65	1690	65	4	19	27	10%	15%	8%	30%
BBQ Bacon Charburger on seeded bun	305	630	280	31	9	75	1680	58	3	20	27	10%	15%	6%	25%
on wheat bun	330	680	280	31	9	75	1760	70	4	23	30	10%	15%	8%	25%
Lettuce Wrap Charburger (extra lettuce, no bun)	257	290	170	19	6	65	840	10	3	5	18	15%	15%	4%	10%
Sandwiches															
Chicken Sandwich on French roll	410	730	250	28	7	115	1380	72	4	8	49	25%	25%	20%	30%
Chicken Club on sourdough	371	730	350	39	8	110	920	51	7	4	47	50%	30%	4%	25%
Tri Tip Sandwich on French with teriyaki	335	540	170	19	4	75	1630	53	2	11	41	15%	25%	0%	35%
Fresh Albacore Sandwich on seeded bun	233	390	90	10	2	40	860	41	2	8	33	15%	10%	4%	15%
on sourdough with 2 tsp butter spread	260	450	110	12	3	60	1000	48	3	5	36	20%	10%	2%	20%
Pastrami Sandwich on French roll	445	900	440	49	18	125	2640	70	4	7	44	15%	15%	15%	40%
on sourdough with 2 tsp butter spread	400	860	470	53	20	125	2470	51	4	6	42	20%	15%	15%	30%
Veggie Burger on wheat bun	310	470	120	12	2.5	0	1080	63	8	12	28	20%	15%	15%	25%
Salads (shown with dressing if pre-dressed)															
Garden Salad, no dressing	262	100	20	2	0	0	115	19	3	6	4	110%	40%	4%	8%
Grilled Chicken Salad, no dressing	355	220	40	4.5	1	90	420	8	3	6	35	110%	40%	6%	15%
Chicken Caesar Salad, with dressing	388	690	350	39	7	120	890	36	4	3	45	250%	70%	30%	25%
BBQ Chicken Salad, no dressing	365	450	170	19	5	100	790	30	3	23	39	65%	30%	6%	15%
Santa Barbara Cobb, with 4 Tbsp dressing	490	840	610	67	14	120	1140	15	6	5	47	250%	70%	20%	20%
Caesar Salad, with 2 Tbsp dressing	269	450	260	29	5	30	720	35	4	2	12	250%	70%	30%	20%
On the Side (as served)															
French Fries, salt added	156	440	250	27	4.5	0	820	46	4	1	4	0%	20%	0%	10%
Onion Rings, salt added	135	500	210	24	6	0	990	62	3	28	10	0%	2%	6%	6%
Sweet Potato Fries	227	374	107	11	0	0	347	64	8	19	3	187%	40%	5%	0%
Side Salad, no dressing	113	45	10	1	0	0	60	9	2	2	2	50%	15%	2%	4%
Side Caesar Salad, 1 Tbsp dressing	119	220	130	15	3	15	380	16	1	<1	6	120%	30%	15%	10%

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

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Kid's Meals (substitute applesauce for fries to eliminate 130 calories, 12 g fat, 2 g saturated fat, and 375 mg sodium)															
Charburger with 2.4 oz Fries	215	590	260	29	9	60	1250	59	3	10	28	2%	8%	6%	25%
Chicken Nuggets with 2.4 oz Fries	153	430	250	28	4.5	35	910	30	3	<1	18	0%	8%	0%	8%
Grilled Cheese with 2.4 oz Fries	197	570	260	29	11	35	1270	62	4	2	17	10%	8%	45%	15%
Desserts															
Shakes, with 2 Tbsp Whipped Cream (all 2.25 cups before whipped cream)															
Vanilla		710	260	30	20	100	360	100	0	80	14	0%	2%	6%	0%
Chocolate		820	240	28	19	90	350	133	0	108	12	0%	0%	4%	0%
Strawberry		760	240	27	18	95	350	119	0	98	13	0%	2%	4%	0%
Mocha		760	230	28	19	90	340	117	0	93	12	0%	0%	4%	0%
Coffee		680	240	28	19	90	330	99	0	79	12	0%	0%	4%	0%
Malted Shakes (all 2.25 cups, with 2 Tbsp malted mix)															
Vanilla		750	270	29	20	100	410	110	0	86	16	0%	2%	8%	0%
Chocolate		860	250	27	19	95	410	142	0	113	14	0%	0%	8%	0%
Strawberry		800	230	26	20	100	400	128	0	104	15	0%	2%	4%	0%
Mocha		800	240	27	19	95	400	126	0	98	14	0%	0%	8%	0%
Coffee		720	250	27	19	95	390	108	0	84	14	0%	0%	8%	0%
Cone 2.25 cups of Vanilla in a Cone		330	100	11	8	45	150	52	0	37	5	6%	2%	20%	2%
Sundaes (all 2.5 cups)															
Strawberry Sundae		940	330	37	23	100	345	142	3	106	17	16%	8%	50%	2%
Chocolate Sundae		990	330	37	23	100	360	161	3	119	17	16%	8%	50%	2%
Vanilla Sundae		840	330	37	23	100	340	125	3	89	17	16%	8%	50%	2%
Beverages (per 8 oz. serving)															
Coke™		99	0	0	0	0	2	27	0	27	0	0%	0%	0%	0%
Diet Coke™		0.6	0	0	0	0	10	0.1	0	0.1	0	0%	0%	0%	0%
Sprite™		97	0	0	0	0	22	26	0	26	0	0%	0%	0%	0%
Barq's Root Beer™		111	0	0	0	0	24	30	0	30	0	0%	0%	0%	0%
Minute Maid Lemonade™		97	0	0	0	0	41	26	0	25	0	0%	0%	0%	0%
Optional Items, Sauces, Dressings															
Teriyaki Sauce (1.5 Tbsp)		34	0	0	0	0	700	8	0	7	0				
BBQ Sauce (2 Tbsp)		60	0	0	0	0	240	15	0	12	0	0%	0%	0%	0%
Tartar Sauce (2 Tbsp)		160	160	17	2.5	15	190	1	0	0	0	4%	2%	0%	0%
House Dressing (2 Tbsp)		160	150	17	2.5	0	120	3	0	2	0	0%	0%	0%	0%
Ranch Dressing (2 Tbsp)		120	110	12	2	10	210	2	0	<1	<1	0%	0%	0%	0%
Honey Dijon Dressing (2 Tbsp)		140	130	14	2	2	135	6	0	5	0	0%	0%	0%	0%
Thousand Island Dressing (2 Tbsp)		130	110	13	2	20	210	3	0	2	0	0%	0%	0%	0%
Bleu Cheese Dressing (2 Tbsp)		80	70	8	2.5	5	250	1	0	1	1	0%	0%	2%	0%
Fat-free Italian Dressing (2 Tbsp)		12	0	0	0	0	280	3	0	1	0	0%	0%	0%	0%
Caesar Salad Dressing (2 Tbsp)		180	180	20	3	20	160	1	0	0	<1	0%	0%	0%	0%
Cobb Salad Dressing (2 Tbsp)		150	150	17	2.5	0	140	1	0	0.5	0	0%	0%	0%	0%
Mayonnaise (1 Tbsp)		100	100	12	2	10	50	0	0	0	0	0%	0%	0%	0%
Swiss Cheese (1 slice, about 18 g)		70	50	5	3	15	300	0	0	0	4	4%	0%	15%	0%
American Cheese (1 slice, about 18 g)		70	50	6	4	15	340	<1	0	0	4	6%	0%	10%	0%
Crumbled Blue Cheese (2 Tbsp, about 14 g)		50	35	4	2.5	15	190	<1	0	0	3	3%	0%	9%	0%
Croutons (12 g, about 6 croutons)		40	13	1	0	0	80	6	0	0	1	0%	0%	2%	2%
Applesauce Cup, unsweetened		50	0	0	0	0	0	12	2	11	0	0%	100%	0%	0%
Juicy Juice box		100	0	0	0	0	15	25	0	23	0	0%	100%	0%	0%
Chunky Avocado (1 scoop, about 55 g)		90	75	8	1	0	45	5	4	0	1	2%	8%	0%	2%
Bacon (2 strips, about 14 g)		100	85	9	3	10	300	0	0	0	4	0%	0%	0%	2%
Caramelized/grilled onions (1 oz)		35	0	0	0	0	300	7	1	3	<1	0%	4%	0%	0%
Butter Blend Spread (2 tsp)		50	42	5	2	0	35	0	0	0	1	4%	0%	0%	0%
Whipped Cream (2 Tbsp)		15	10	1.5	1	0	5	1	0	1	0	0%	0%	0%	0%
Bread Options															
Iceberg Lettuce (for wrap: 3 oz)	85	12	0	0	0	0	10	3	1	2	1	8%	4%	0%	2%
Seeded Bun	65	190	25	3	0.5	0	300	35	1	4	5	0%	0%	2%	10%
Sourdough (2 slices)	86	200	0	0	0	0	400	42	1	1	8	0%	0%	0%	12%
Wheat Bun	92	240	25	3	0.5	0	380	47	2	7	8	0%	0%	4%	14%
French Roll	132	290	10	1	0	0	610	61	2	2	10	0%	0%	0%	20%

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