

	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 CHOICES ♥ These items meet Healthy Dining's Nutrition criteria. See HealthyDiningFinder.com													
Chicken Fajita Pita made with Whole Grain (no salsa)	192	320	100	11	5	0	65	870	380	33	4	3	24
Chicken Teriyaki Bowl	499	690	50	6	1	0	40	1700	340	133	5	38	27
Fruit Cup	116	50	0	0	0	0	0	10	230	14	1	11	1
Grilled Chicken Salad	400	240	70	8	3.5	0	70	650	940	15	5	7	28
Grilled Chicken Strips with Teriyaki Dipping Sauce	225	330	50	6	1	0	115	1510	240	16	0	13	45
Hamburger Deluxe	161	380	170	19	6	1	40	580	330	33	2	6	15
Mango Smoothie - 16 oz.	411	290	0	0	0	0	0	75	180	22	0	57	2
Steak Teriyaki Bowl	499	750	100	11	3	0	45	1750	560	133	5	35	31
Strawberry Banana Smoothie - 16 oz.	420	290	0	0	0	0	0	70	210	73	1	57	2
SALADS													
Bacon Ranch Dressing	57	260	240	26	4	0.5	30	700	70	3	0	2	2
Chicken Chik Salad with Crispy Chicken Strips	404	510	240	27	8	0	85	700	780	37	5	4	37
Chicken Chik Salad with Grilled Chicken Strips	405	350	160	17	6	0	85	1270	680	13	4	5	37
Chicken Southwest Dressing	57	220	220	22	3.5	0	65	330	35	3	1	1	1
Gourmet Seasoned Croutons	28	100	50	6	1	0.5	0	310	25	17	1	1	3
Grilled Chicken Salad	400	240	70	8	3.5	0	70	650	940	15	5	7	28
Like Ranch Dressing	57	150	130	15	2.5	0	20	560	40	3	0	2	1
Low Fat Balsamic Vinaigrette	57	35	15	1.5	0	0	0	480	25	5	0	3	0
Side Salad	115	70	0	0	0	0	0	110	230	4	4	2	1
Southwest Chicken Salad with Crispy Chicken Strips	480	590	210	23	7	0	55	1760	690	53	8	6	29
Southwest Chicken Salad with Grilled Chicken Strips	461	340	120	14	6	0	85	1000	980	29	7	7	34
Spicy Corn Sticks	28	140	60	7	1	0	0	140	60	18	1	0	2
BURGERS & MORE													
Bacon Ultimate Cheeseburger	301	940	590	66	27	3	125	1940	480	45	2	10	41
Big Cheeseburger	200	610	340	38	15	1.5	65	1110	270	44	2	8	23
Hamburger	110	290	110	12	4.5	1	30	570	220	32	1	5	14
Hamburger with Cheese	122	330	140	15	7	1	40	770	230	32	1	5	17
Hamburger Deluxe	161	380	170	19	6	1	40	580	330	33	2	6	15
Hamburger Deluxe with Cheese	184	440	230	25	10	1	60	690	330	34	2	7	19
Jumbo Jack®	237	540	290	32	11	1	45	850	340	45	2	9	19
Jumbo Jack® with Cheese	260	620	350	39	15	1.5	65	1250	370	45	2	10	23
Junior Bacon Cheeseburger	127	420	210	24	8	1	50	860	250	32	1	6	18
Mini Sirloin Burgers	278	750	270	30	13	1	110	1410	560	77	4	19	43
Sirloin Cheeseburger	353	910	540	60	19	1.5	140	1670	640	52	3	9	40
Sirloin Cheeseburger with Bacon	324	990	560	64	21	2	150	2220	690	52	3	9	44
Sirloin Swiss & Grilled Onion Burger	364	880	530	59	18	1.5	140	1550	640	52	3	9	40
Sirloin Swiss & Grilled Onion Burger with Bacon	376	950	570	63	19	2	150	1900	690	52	3	9	45
Sourdough Jack®	228	680	420	46	17	1.5	70	1220	410	40	3	8	27
Sourdough Steak Melt	228	650	340	38	13	0.5	95	1300	440	38	3	8	27
Sourdough Ultimate Cheeseburger	280	800	600	67	27	2.5	115	1430	470	38	3	8	37
Ultimate Cheeseburger	280	870	550	61	26	2.5	115	1490	430	44	2	9	36
CHICKEN & FISH													
Chicken Fajita Pita made with Whole Grain (no Salsa)	192	320	100	11	5	0	65	870	380	33	4	3	24
Chicken Fajita Pita made with Whole Grain (with Salsa)	215	330	100	11	5	0	65	990	390	35	4	4	24
Chicken Sandwich	151	440	210	23	4	0	35	910	250	42	2	4	15
Chicken Sandwich with Bacon	158	480	230	26	5	0	40	1140	280	42	2	5	19
Crispy Chicken Strips (4 pc.)	195	560	220	24	3	0	60	1580	550	53	3	0	33
Grilled Chicken Strips (4 pc.)	198	240	50	6	1	0	115	1090	730	5	0	3	43
Fish and Chips with small French Fries	229	670	320	35	3	0	35	1390	700	69	4	1	18
Fish and Chips with medium French Fries	291	770	411	41	3.5	0	35	1650	85	6	1	1	24
Fish and Chips with large French Fries	315	940	430	48	4.5	0	35	1980	1050	105	7	1	22
Fish Sandwich	201	470	160	18	2	0	25	1030	320	59	3	5	18
Homesite Ranch Chicken Club	265	700	300	33	7	0.5	75	1940	530	65	3	8	26
Jack's Spicy Chicken®	254	570	230	25	4	0	55	950	480	60	3	7	28
Jack's Spicy Chicken® with Cheese	271	650	280	31	8	0.5	75	1240	500	60	3	8	32
Mini Buffalo Ranch Chicken Sandwiches	291	740	290	28	4.5	0	45	1450	480	60	3	8	27
Sourdough Grilled Chicken Club	263	550	280	29	7	0.5	90	1490	580	38	3	6	37
SOMETHING DIFFERENT													
Chicken Fajita Pita made with Whole Grain (no Salsa)	192	320	100	11	5	0	65	870	380	33	4	3	24
Chicken Fajita Pita made with Whole Grain (with Salsa)	215	330	100	11	5	0	65	990	390	35	4	4	24
Chicken Teriyaki Bowl	499	690	50	6	1	0	40	1700	340	133	5	38	27
Deli Trio Grilled Sandwich	271	630	260	29	10	0.5	80	2460	450	53	5	4	37
Steak Teriyaki Bowl	499	750	100	11	3	0	45	1750	560	133	5	35	31
Turkey, Bacon and Cheddar Grilled Sandwich	247	650	270	30	11	0.5	95	2130	420	64	5	4	39
SNACKS & SIDES													
Bacon Cheddar Potato Wedges	260	710	400	45	12	0	45	910	760	68	5	2	20
Beef Fries	24	190	50	10	2.5	0	10	270	90	17	2	3	6
Egg Roll (1 pc.)	58	160	70	7	1.5	0	5	300	140	16	2	2	5
Egg Roll (3 pc.)	174	440	230	22	5	0	20	950	430	46	7	6	16
French Fries - Small	93	290	120	13	1	0	0	530	380	39	3	0	3
French Fries - Medium	131	410	170	19	1.5	0	0	750	530	56	4	0	5
French Fries - Large	179	560	230	26	2.5	0	0	1020	730	76	6	1	6
Fruit Cup	116	50	0	0	0	0	0	10	230	14	1	11	1
Mozzarella Cheese Sticks (3 pc.)	74	280	150	16	6	0	25	530	60	22	2	0	14
Mozzarella Cheese Sticks (6 pc.)	149	560	290	33	11	0	50	1190	170	43	3	1	24
Onion Rings	97	450	250	28	2	0	0	620	140	45	3	5	6
Pita Snack, Crispy Chicken	158	410	170	19	4	0	30	860	200	43	3	2	16
Pita Snack, Fish	155	380	160	20	4	0	30	760	170	40	3	2	13
Pita Snack, Grilled Chicken	159	330	130	14	3.5	0	45	730	250	31	3	2	19
Pita Snack, Steak	152	350	150	16	4.5	0	45	640	200	31	3	2	18
Smoked Ice	291	680	380	43	13	0.5	55	1650	470	74	7	6	28
Seasoned Dory Fries - Small	85	280	150	16	1.5	0	0	510	350	30	3	0	3
Seasoned Dory Fries - Medium	130	430	220	25	2	0	0	940	250	46	4	0	5
Seasoned Dory Fries - Large	177	580	300	34	3	0	0	1280	730	63	5	0	7
Stuffed Jalapenos (3 pc.)	71	220	110	12	4.5	0	15	730	90	21	1	2	6
Stuffed Jalapenos (7 pc.)	165	510	260	29	10	0.5	40	1690	210	48	3	5	14
SHAKES & DESSERTS													
Cheesecake	92	310	150	17	9	0	25	260	170	32	1	22	7
Chocolate Overload Cake®	93	300	60	7	1.5	0	40	350	260	57	2	34	4
Chocolate Shake with Whipped Topping - 16 oz.	376	600	350	36	26	1.5	125	300	790	101	1	88	13
Chocolate Shake with Whipped Topping - 24 oz.	543	1150	490	55	37	2.5	165	440	1160	146	2	126	19
Mini Churros (5 pc.)	86	350	170	19	3.5	0	5	280	55	42	2	12	4
Mini Churros (10 pc.)	172	690	330	37	7	0	10	550	115	84	4	25	7
Ono® Donke Shake with Whipped Topping - 16 oz.	362	810	380	43	27	1.5	125	380	690	92	1	73	13
Ono® Donke Shake with Whipped Topping - 24 oz.	521	1170	550	61	38	2.5	165	560	1000	134	2	105	19
Strawberry Shake with Whipped Topping - 16 oz.	374	780	340	36	26	1.5	125	280	690	95	0	80	12
Strawberry Shake with Whipped Topping - 24 oz.	539	1120	480	54	35	2.5	165	380	1000	138	1	116	17
Vanilla Shake with Whipped Topping - 16 oz.	339	700	340	38	26	1.5	125	260	680	95	0	63	12
Vanilla Shake with Whipped Topping - 24 oz.	486	1000	480	54	36	2.5	165	380	1000	108	1	81	17
BREAKFAST													
Bacon Breakfast Jack®	112	300	110	13	5	0	240	760	170	30	1	4	16
Bacon, Egg & Cheese Biscuit	138	420	220	24	11	0	240	1040	160	36	2	2	

