NUTRITION INFORMATION

MENU ITEM	NUTRIENTS	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohyrdates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	ALLERGENS	Celery	Egg	Fish	Gluten (Barley)	Gluten (Rye)	Milk	Mustard	Soy	Wheat	Sesame
HAMBURGERS & CHICKEN																				
Dave's Single		524	29	10	37	8.2	1.7	28	2.2		√	√					√		√	√
Dave's Double		879	56	22	39	9.7	1.7	54	4.4		√	√				√	√		√	√
Dave's Triple		1195	80	33	41	10	1.7	77	6.1		√	√				√	√		√	√
Baconator		1001	66	26	38	8.5	1.7	63	5.8		√	√				√	√		√	√
Curry Bean Burger		535	25	7	57	9	7	17	2.8			√				√	√		√	√
Spicy Chicken		400	15	2.4	45	6.3	2.4	20	2.2		√	√					√		√	√
Classic Chicken		404	15	2.5	46	6.4	2.5	20	2.5		√	√		√		√	√		√	√
Grilled Chicken		337	10	1.2	35	6.4	1.7	26	1.6		√	√					√		√	√
Avocado Chicken Club		583	30	8.7	47	6.5	2.4	30	3.4		√	√		√		√	√		√	√
4 Pc Chicken Nuggets		114	5.6	1.4	4.9	0	0	11	0.93		√			√		√			√	
6 Pc Chicken Nuggets		173	8.4	2.1	7.4	0	0	17	1.4		√			√		√			√	
10 Pc Chicken Nuggets		286	14	3.4	12	0	0	28	2.3		√			√		√			√	
20 Pc Chicken Nuggets		572	28	6.9	25	0	0	55	4.6		√			√		√			√	
4 Pc Spicy Chicken Nuggets		99	2.8	0.5	6.5	0	0	12	0.37		√			√			√		√	
6 Pc Spicy Chicken Nuggets		152	4.1	0.8	9.8	0	0	19	0.55		√			√			√		√	
10 Pc Spicy Chicken Nuggets		250	6.8	1.3	16	0	0.6	31	0.92		√			√			√		√	
20 Pc Spicy Chicken Nuggets		499	13	2.6	33	0	1.2	62	1.8		√			√			√		√	
Spicy Chicken Mayo Wrap		341	20	4.9	27	1.5	2.3	12	1.3		√	√				√	√		√	
Spicy Chicken Avocado Wrap		252	11	2.9	27	2.1	2.3	10	1.1		√						√		√	
Crispy Chicken Curry Mayo Wrap		301	16	3.1	28	2.6	2.5	10	1.2		√	√				√	√		√	
Spicy Chicken BBQ Wrap		268	9.7	4.1	32	5.8	2.3	12	1.4		√					√	√		√	
Cheeseburger Deluxe		366	19	6.3	31	7.3	1.4	17	1.9		√	√				√	√		√	√
Bacon Cheeseburger		410	23	7.4	30	5.9	1.4	20	2.3		√	√				√	√		√	√
SALADS INCLUDES TOPPINGS & DRESSINGS																				
Caesar Chicken Salad		411	31	7	4.2	3.7	1.4	28	2			√	√	√		√	√		√	
Avocado Chicken Salad		485	36	9.5	7.5	5.2	1.4	32	2.2			√				√				
SIDES																				
Value Fries		142	6.7	0.5	18	3.5	1.5	1.6	2.1		√									
Medium Fries		176	8.5	0.6	22	3.7	1.9	2	2.1		√									
Large Fries		239	11	0.8	31	6.8	2.6	2.7	2.4		√									
Baconator Fries		459	34	9.3	25	2.6	2.3	12	1.7							√				
Cheesy Topped Fries		351	24	7.1	25	2.5	2.3	7.5	2.6							√				
Plain Potato		232	5.4	3.4	39	2.4	4.7	4.4	1.9							√				
Bacon & Cheese Potato		405	20	8.4	40	3.8	4.3	14	1.6							√				
Sour Cream and Chives Potato		233	5.4	3.3	39	3.4	4.4	4.9	0.04							√				
Chili		253	13	5.5	14	3.5	1.9	19	1.5		√					√				
Chili Cheese Fries		481	31	9.8	32	4.2	3.2	17	1.7		√					√				
Chili Cheese Baked Potato		428	17	9	47	5.5	5.3	19	1.6		√					√				
KIDS' MEAL																				
Kid's Cheeseburger		317	14	5.8	30	6.3	1.4	17	1.8		√	√				√	√		√	√
Kid's Hamburger		278	11	4.3	29	5.5	1.4	15	1.3		√	√					√		√	√
4 Pc Chicken Nuggets		114	5.6	1.4	4.9	0	0	11	0.93											
HOT BEVERAGES																				
Espresso		0	0	0	0	0	0	0	0											
Americano		0	0	0	0	0	0	0	0.02											
Flat White		153	5	3.1	16	16	0	11	0.47							√				
Cappuccino		95	3.2	2	9.9	9.9	0	6.7	0.3							√				
Latte		153	5	3.1	16	16	0	11	0.47							√				
Mocha		190	3.5	2.2	31	30	2.4	7.3	0.41							√				
Tea		0	0	0	0	0	0	0	0											
Hot Chocolate		245	4.3	2.7	41	39	3.2	8.9	0.51							√				
FROSTY®																				
Jr. Vanilla Frosty		179	6.3	5.5	27	19	0	3.5	0.34							√				
Regular Vanilla Frosty		311	11	9.6	47	34	0	6.1	0.6							√				
Large Vanilla Frosty		424	15	13	64	45	0	8.2	0.8							√				
Jr. Chocolate Frosty		174	4.6	0.5	28	23	0	5.2	0.2							√				
Regular Chocolate Frosty		299	7.9	0.9	48	40	0	8.9	0.35							√				
Large Chocolate Frosty		407	11	1.2	65	55	0	12	0.48							√				
BREAKFAST																				
Sausage, Egg, & Cheese Croissant		492	33	13	28	4.9	1.5	20	1.1			√				√			√	
Bacon, Egg, & Cheese Croissant		403	25	10	27	4.3	1	17	1.4			√				√			√	
Breakfast Baconator		704	44	15	39	8	2.1	37	3.9			√				√			√	√
Egg & Cheese Muffin		319	16	4.5	27	2.5	5.5	14	1			√			√	√			√	
Sausage & Cheese Muffin		477	29	9.1	28	3.2	6	23	1.4			√			√	√			√	
Bacon & Cheese Muffin		384	21	6.3	27	2.6	5.5	19	1.7			√			√	√			√	
Small Breakfast Potatoes		118	3.2	0.4	19	0.7	2.5	2	0.62											
Med Breakfast Potatoes		168	4.6	0.6	27	1	3.6	2.8	0.88											
Large Breakfast Potatoes		215	5.8	0.7	35	1.2	4.6	3.5	1.1											
Pain au Chocolat		206	10	6.2	24	7.3	1.6	4.1	0.32			√				√		√	√	
Apple Slices		42	0	0	9.3	9.3	2.2	0	0											
Sausage Breakfast Butty - HP		319	15	4.8	31	6.7	1.8	14	1.1					√	√				√	
Bacon Breakfast Butty - HP		246	8.4	2.6	30	6.1	1.4	12	1.7					√	√				√	
Sausage Breakfast Butty - Heinz		315	15	4.8	30	6.2	1.8	14	1.1		√								√	
Bacon Breakfast Butty - Heinz		242	8.4	2.6	29	5.5	1.4	12	1.7		√								√	

MENU ITEM	NUTRIENTS	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohyrd ates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	ALLERGENS	Celery	Egg	Fish	Gluten (Barley)	Gluten (Rye)	Milk	Mustard	Soy	Wheat
BEVERAGES																			
Can Coke		140	0	0	35	35	0	0	0										
Can Diet Coke		0	0	0	0	0	0	0	0										
Can Coke Zero		0	0	0	0	0	0	0	0.07										
Can Sprite		44	0	0	11	11	0	0	0.03										
Coke Small Drink 12 oz		152	0	0	38	38	0	0	0										
Diet Coke Small Drink 12 oz		0	0	0	0	0	0	0	0										
Coke Zero Small Drink 12 oz		0	0	0	0	0	0	0	0.07										
Orange Fanta Small Drink 12 oz		64	0	0	16	16	0	0	0.07										
Sprite Zero Small Drink 12 oz		0	0	0	0	0	0	0	0.25										
Coke Medium Drink 16 oz		200	0	0	50	50	0	0	0										
Diet Coke Medium Drink 16 oz		0	0	0	0	0	0	0	0										
Coke Zero Medium Drink 16 oz		0	0	0	0	0	0	0	0.09										
Orange Fanta Medium Drink 16 oz		84	0	0	21	21	0	0	0.09										
Sprite Zero Medium Drink 16 oz		0	0	0	0	0	0	0	0.33										
Coke Zero Large Drink 20 oz		0	0	0	0	0	0	0	0.12										
FROSTYCCINO																			
Vanilla Frostyccino 12oz		180	6.4	5.6	27	20	0	3.6	0.35							√			
Vanilla Frostyccino 16oz		189	6.7	5.8	29	21	0	3.8	0.37							√			
Chocolate Frostyccino 12oz Thermoplar		176	4.7	0.5	28	24	0	5.3	0.21							√			
Chocolate Frostyccino 12oz Franke		162	4.3	0.5	26	22	0	4.9	0.19							√			
Chocolate Frostyccino 12oz		169	4.5	0.5	27	23	0	5.1	0.20							√			
Chocolate Frostyccino 16oz Thermoplar		181	4.8	0.5	29	24	0	5.5	0.22							√			
Chocolate Frostyccino 16oz Franke		175	4.6	0.5	28	24	0	5.3	0.21							√			
Chocolate Frostyccino 16oz		178	4.7	0.5	29	24	0	5.4	0.22							√			
INGREDIENTS/CONDIMENTS																			
Premium Bun		183	2.3	0.3	33	5.2	1.7	6.6	0.75									√	√
Value Bun		149	1.9	0.2	27	4.2	1.4	5.3	0.61									√	√
Lettuce As Bun		0	0	0	0	0	0	0	0										
Strawberry Jam		38	0	0	9.6	9.6	0	0	0										
Cranberries		41	0	0	10	8.3	0.6	0	0										
Brown Sugar		16	0	0	4	4	0	0	0										
Small Patty		122	9.3	4.1	0	0	0	9.5	0.06										
Large Patty		273	21	9.2	0	0	0	21	0.13										
Bacon 2 Pieces		42	3.2	1.2	0	0	0	3.3	0.48										
Bacon 3 Pieces		63	4.8	1.8	0	0	0	4.9	0.72										
Sub Classic Chicken		162	6.7	1.7	12	0	0.7	13	1.4		√			√		√		√	
Sub Grilled		93	1.9	0.4	0	0	0	19	0.77										
Sausage		158	13	4.6	1.5	0.7	0	8.8	0.39										
Sub Spicy		156	6.5	1.6	11	0	0.7	13	1.4		√						√	√	
Shredded Cheese		36	3	1.9	0	0	0	2.2	0.17							√			
Cream Crackers		71	2.1	1	11	0	0.6	1.6	0.19									√	
Ketchup Packet		11	0	0	2.8	2.7	0	0	0.22		√								
Sour Cream		52	5	3.1	1.1	1.1	0	0.7	0.04							√			
Tomato Sliced		3	0	0	0.8	0.8	0	0	0										
Tomato Diced		5	0	0	1.3	1.3	0	0	0										
Monterey Jack Cheese		92	7.8	4.8	0	0	0	5.8	0.45							√			
American Cheese		42	3.2	1.5	1.3	0.8	0	1.9	0.49							√			
Emmental Cheese		152	12	8.2	0	0	0	11	0.51							√			
Italian Cheese		82	6	4.4	0	0	0	7	0							√			
Cheese Shredded Cheddar - Salad		105	8.8	5.5	0	0	0	6.5	0.49							√			
Cheese Shredded Cheddar - topped side		36	3	1.9	0	0	0	2.2	0.17							√			
Cheddar Cheese Sauce		81	6.5	4.2	2.3	1.5	0	3.2	0.73							√			
Breakfast Cheese Sauce		34	2.9	1.9	0.9	0.6	0	1	0.24							√			
Creamer		0	0	0	0	0	0	0	0.01							√			
Kid's Milk		94	3	2	9.8	9.8	0	7	0.2							√			
Sugar		16	0	0	4	4	0	0	0										
Sweetener Packets		14	0	0	3.6	3.6	0	0	0										
BBQ Dip Pot		32	0	0	8	7	0	0	0.3										
Garlic Sauce Dip Pot		100	9.8	0.8	3	2.2	0	0	0.43		√	√					√		
Sweet Chili Dip Pot		48	0	0	12	11	0	0	0.38										
Caesar Salad Dressing		209	22	2	1.5	1.1	0	1.3	1.2			√	√	√		√	√	√	
Pomegranate Vinaigrette		100	3.3	0.3	17	16	0	0.6	0.05										
Kids Carton Juice		54	0	0	12	11	0.8	1	0										
Chives		0	0	0	0	0	0	0	0										
Mayonnaise Bulk - Premium Sandwich		50	5.6	0.5	0	0	0	0	0.1			√					√		
Mayonnaise Bulk - Value Sandwich		45	5	0.4	0	0	0	0	0.08			√					√		
Sea Salt Packet		0	0	0	0	0	0	0	2.5										
Ketchup Bulk - Premium Sandwich		6	0	0	1.6	1.5	0	0	0.12		√								
Ketchup Bulk - Value Sandwich		5	0	0	1.3	1.2	0	0	0.1		√								
Romaine Lettuce Whole		0	0	0	0	0	0	0	0										
White Onion Bulk - Premium Sandwich		0	0	0	0	0	0	0	0										
White Onion Bulk - Value Sandwich		0	0	0	0	0	0	0	0										
Pickle Slice - Premium Sandwich		0	0	0	0	0	0	0	0.22										
Pickle Slice - Value Sandwich		0	0	0	0	0	0	0	0.14										
Frozen Avocado - Sandwich		45	4.5	0.7	0.6	0	0	0.6	0.1										
Frozen Avocado - Salad		90	8.9	1.3	1.2	0	0	1.2	0.19										
Southwest Ranch Salad Dressing		131	13	1.1	2.3	1.7	0	1.1	0.21			√				√			
Curry Powder		2	0.08	0.01	0.17	0.01	0.15	0.07	0.04								√		
Wheat Flour Tortilla		131	3.4	1.4	21	1.1	2	3.2	0.3									√	
BBQ Sauce		22	0	0	5.4	4.6	0	0	0.19										