



NUTRITION INFORMATION

MENU ITEM

MENU ITEM	NUTRIENTS									ALLERGENS										
	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)		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		✓	✓				✓	✓		✓	✓	
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		✓			✓		✓			✓		
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		✓	✓			✓	✓			✓	✓	
Sweet N Smokey Cheeseburger Single	847	51	18	51	15	2.1	45	4.1			✓			✓				✓	✓	
Sweet N Smokey Cheeseburger Double	1210	78	30	52	15	2.1	74	5.4			✓			✓				✓	✓	
Sweet N Smokey Cheeseburger Triple	1622	110	44	53	16	2.1	104	7.1			✓			✓				✓	✓	
Sweet N Smokey Chicken Sandwich	627	29	6.3	62	14	2.8	28	3.8		✓	✓		✓		✓			✓	✓	
Sweet N Smokey Grilled Chicken Sandwich	529	21	4.8	50	14	2.1	34	3.1			✓			✓	✓			✓	✓	
Sweet N Smokey Spicy Chicken Sandwich	610	28	6.2	61	14	2.8	27	3.8		✓	✓				✓	✓		✓	✓	

WRAPS

BBQ Wrap w/ Halloumi Fries	365	19	8.4	33	7.9	2.8	14	1.8							✓				✓	
Signature Wrap w/ Halloumi Fries	435	29	9.2	28	3.6	2.8	14	1.8			✓				✓	✓			✓	
Avocado Wrap w/ Halloumi Fries	359	21	7.2	29	4.2	2.8	12	1.5							✓				✓	
BBQ Wrap w/ Halloumi Fries (Duo Wrap)	729	38	17	66	16	5.6	28	3.6							✓				✓	
Signature Wrap w/ Halloumi Fries (Duo Wrap)	869	58	18	56	7.3	5.6	28	3.5			✓				✓	✓			✓	
Avocado Wrap w/ Halloumi Fries (Duo Wrap)	704	41	14	57	8.4	5.6	24	3							✓				✓	
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		✓					✓	✓			✓	

SALADS

INCLUDES TOPPINGS & DRESSINGS

Caesar Salad	317	29	6.2	3.9	3.5	1.4	9.4	1.4			✓		✓		✓	✓			✓	
Avocado Salad	399	35	9.1	7.2	5	1.4	13	1.4			✓				✓				✓	
Caesar Chicken Salad	411	31	6.6	4.2	3.7	1.4	28	2.1			✓	✓	✓		✓	✓			✓	
Avocado Chicken Salad	485	36	9.5	7.5	5.2	1.4	32	2.2			✓				✓				✓	
Caesar Salad w/ Halloumi Fries	499	42	12	11	5.6	2.3	18	2.3			✓	✓	✓		✓	✓			✓	
Avocado Salad w/ Halloumi Fries	567	47	14	14	7.1	2.2	21	2.5			✓				✓				✓	

SIDES

Value Fries	142	6.7	0.5	18	3.5	1.5	1.6	2.1		✓										
Regular 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			✓				✓					
Halloumi Fries	178	13	5.1	6.6	2.1	0.9	8.2	1.1							✓				✓	

KID'S 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												

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							✓					
Regular Raspberry Chocolate Frosty	318	7.7	1.4	54	44	0	8.1	0.32			✓				✓		✓	✓		
Large Raspberry Chocolate Frosty	398	9.6	1.6	68	55	0	10	0.41			✓				✓		✓	✓	✓	
Regular Raspberry Vanilla Frosty	333	10	9.1	55	38	0	5.8	0.54			✓				✓		✓	✓		
Large Raspberry Vanilla Frosty	418	13	11	68	48	0	7.3	0.69			✓				✓		✓	✓	✓	
Regular Vanilla Frostyccino	186	6.6	5.8	28	20	0	3.7	0.36							✓					
Large Vanilla Frostyccino	192	6.8	5.9	29	21	0	3.8	0.37							✓					
Regular Chocolate Frostyccino	176	4.7	0.5	28	24	0	5.3	0.21							✓					
Large Chocolate Frostyccino	181	4.8	0.5	29	24	0	5.5	0.22							✓					

BREAKFAST

Classic Egg & Cheese Muffin				319	16	4.5	27	2.5	5.5	14	1			✓			✓	✓		✓	
Classic Sausage & Cheese Muffin				477	29	9.1	28	3.2	6	23	1.4			✓			✓	✓		✓	
Classic Bacon & Cheese Muffin				384	21	6.3	27	2.6	5.5	19	1.7			✓			✓	✓		✓	
Breakfast Baconator w/ Brown Sauce				632	36	13	40	9.2	2.1	36	3.7			✓		✓	✓	✓		✓	✓
Breakfast Baconator w/ Red Sauce				628	36	13	39	9	2.1	36	3.8		✓		✓					✓	✓
Egg Double Stack				419	24	6.2	29	5	1.4	21	3			✓			✓	✓		✓	✓
Sausage Breakfast Butty w/ Brown Sauce				319	15	4.8	31	6.7	1.8	14	1.1			✓		✓	✓	✓		✓	✓
Bacon Breakfast Butty w/ Brown Sauce				246	8.4	2.6	30	6.1	1.4	12	1.7			✓		✓	✓	✓		✓	✓
Sausage Breakfast Butty w/ Red Sauce				315	15	4.8	30	6.2	1.8	14	1.1			✓			✓	✓		✓	✓
Bacon Breakfast Butty w/ Red Sauce				242	8.4	2.6	29	5.5	1.4	12	1.7			✓			✓	✓		✓	✓
Breakfast Wrap Bacon w/ Red Sauce				355	18	6.1	29	4.3	2.4	18	2			✓		✓	✓	✓		✓	
Breakfast Wrap Sausage w/ Red Sauce				448	26	9	30	4.9	2.9	22	1.6			✓		✓	✓	✓		✓	
Breakfast Wrap Egg & Cheese w/ Red Sauce				290	13	4.4	29	4.3	2.4	13	1.3		✓				✓	✓		✓	
Breakfast Wrap Bacon w/ Brown Sauce				355	18	6.1	29	4.3	2.4	18	1.9			✓		✓	✓	✓		✓	
Breakfast Wrap Sausage w/ Brown Sauce				452	26	9	31	4.9	2.9	22	1.6			✓		✓	✓	✓		✓	
Breakfast Wrap Egg & Cheese w/ Brown Sauce				290	13	4.4	29	4.2	2.4	13	1.2			✓		✓	✓	✓		✓	
Small Hashbrown				194	12	1.3	19	0	2	1.4	0.73										
Regular Hashbrown				271	16	1.8	28	0	3.1	2.1	1.1										
Large Hashbrown				356	21	2.4	37	0	4	2.7	1.5										
Apple Slices				42	0	0	9.3	9.3	2.2	0	0										
6 Pc Mini Donuts				321	16	7.2	39	17	1.7	4.4	1.1			✓			✓			✓	✓

INGREDIENTS/CONDIMENTS