



NUTRITION INFORMATION

QUALITY IS
OUR RECIPE®

FRESH-MADE SALADS*

	Serving Size (g) ▲	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	
Apple Pecan Chicken Salad Full Size ▶	425	580	27	9	0	115	1350	53	7	40	34	40	100	25	15	M S T
Apple Pecan Chicken Salad Half Size ▶	240	350	18	5	0	55	710	30	4	22	18	25	50	10	10	M S T
BBQ Ranch Chicken Salad Full Size ▶	444	560	28	9	0	120	1540	42	5	25	38	40	50	30	15	DE F M S
BBQ Ranch Chicken Salad Half Size ▶	247	300	14	4.5	0	60	810	25	3	15	19	25	30	15	10	DE F M S
Power Mediterranean Chicken Full Size ▶	509	450	16	4.5	0	95	1180	43	8	18	36	90	100	15	15	MS X
Power Mediterranean Chicken Half Size ▶	293	230	8	2.5	0	45	600	23	5	10	19	50	60	8	8	MS X
Spicy Chicken Caesar Salad Full Size ▶★	414	850	58	22	1	170	1960	37	5	7	46	20	70	60	35	DE F G M S
Spicy Chicken Caesar Salad Half Size ▶★	250	470	31	11	0.5	85	1080	26	4	4	24	10	50	30	25	DE F G M S
Taco Supremo Salad Full Size ♦	660	700	37	17	1	100	1790	63	11	15	35	60	50	60	30	M S
Taco Supremo Salad Half Size ♦	434	510	26	11	1	60	1190	51	8	10	20	40	35	35	20	M S

* Nutrition and allergen information includes salad toppings. Full Size salads include two packets of dressing; Half Size salads include one packet of dressing.
▶ Grilled, Homestyle, and Spicy Chicken Breasts are cut on a common cutting board.
★ Breaded chicken fillets, strips and nuggets may contain Egg, Milk and Soy.
♦ Beef in chili is cooked on the same grill as, and may come in contact with, ingredients that contain Milk and Soy.
▲ Portion size ordinarily served to the guest.

SALAD TOPPINGS & DRESSINGS*

	Serving Size (g) ▲	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	
Roasted Pecans	17	110	9	1	0	0	60	6	1	4	1	0	0	0	2	M S T
Pomegranate Vinaigrette Dressing	31	70	3	0	0	0	150	10	0	9	0	0	2	0	0	
BBQ Ranch Dressing	31	100	7	1	0	5	260	8	0	6	1	2	4	2	2	E M
Light Balsamic Vinaigrette Dressing	31	45	2	0	0	0	125	6	0	5	0	0	0	0	0	S
Gourmet Croutons	18	90	3.5	0	0	0	190	12	0	0	2	0	2	0	4	M G
Caesar Dressing	31	80	8	1.5	0	15	180	1	0	1	1	0	0	2	0	D E F M
Tortilla Chips	43	210	10	1.5	0	0	115	29	2	0	3	0	0	4	4	
Salsa	85	30	0	0	0	0	440	6	1	4	1	10	20	6	2	
Sour Cream	43	60	5	3.5	0	20	25	3	0	1	1	6	0	4	0	M
Light Ranch Dressing	31	45	3.5	0.5	0	10	160	2	0	1	1	0	0	2	0	DE M

* Information is for 1 packet.
▲ Portion size ordinarily served to the guest.

SIDE SELECTIONS

	Serving Size (g) ▲	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	
Garden Side Salad	190	150	7	1	0	10	370	19	3	4	4	20	70	4	10	DE G M
Caesar Side Salad	152	280	20	5	0	30	500	17	3	2	9	80	10	15	15	DE F G M S
Strawberry Yogurt	175	160	2.5	1.5	0	10	90	28	0	24	6	10	0	20	0	M
Plain Baked Potato (avg wt. 10 oz)	284	270	0	0	0	0	40	61	7	3	7	0	40	4	20	
Sour Cream & Chives Baked Potato	328	350	6	3.5	0	20	70	65	7	4	9	20	60	10	25	M
Broccoli & Cheese Sauce Baked Potato	397	380	8	4	0	15	400	67	8	6	12	6	90	15	25	M S
Bacon & Cheese Sauce Baked Potato	363	480	17	7	0	45	600	65	7	7	17	0	40	15	25	M S
Bece!® Margarine	7	50	6	1	0	0	50	0	0	0	0	10	0	0	0	M S
Rich & Meaty Chili, Small ♦	227	170	5	2	0	35	780	16	4	6	15	0	0	4	20	S
Rich & Meaty Chili, Large ♦	340	250	7	3	0.5	50	1170	23	5	9	23	0	0	6	25	S
Hot Chili Seasoning	7	5	0	0	0	0	280	2	0	1	0	0	0	0	0	
Saltine Crackers	6	25	0.5	0	0	0	90	5	0	0	1	0	0	0	2	G S
Cheddar Cheese, shredded	17	70	5	3.5	0	15	125	1	0	0	4	4	0	10	0	M
Chili Cheese Nachos ♦	135	280	13	2.5	0	15	450	36	4	2	9	0	0	8	10	M S
Cheese Fries	153	380	17	7	0	20	670	48	3	1	8	2	8	15	6	DE F G M S
Chili Cheese Fries ♦	266	460	19	8	0.5	35	1050	56	5	4	15	2	8	15	15	DE F G M S
Poutine	287	620	30	15	1	60	1420	69	4	1	19	15	10	40	10	DE F G M S Z
Bacon Poutine	300	690	35	16	1	75	1650	70	4	1	24	15	15	40	10	DE F G M S Z
Kids' Fries w/Sea Salt	77	200	7	2	0	0	260	33	2	0	2	0	6	2	4	DE F G M S
Small Fries w/Sea Salt †	108	290	9	3	0	0	370	47	3	0	3	0	8	2	6	DE F G M S
Medium Fries w/Sea Salt †	142	380	12	4	0	0	480	62	4	0	4	0	10	2	8	DE F G M S
Large Fries w/Sea Salt †	170	450	15	5	0	0	580	74	4	0	5	0	10	2	10	DE F G M S
Oatmeal Bar**	71	290	10	4.5	0	20	230	47	5	23	4	0	0	15	10	EM S G

♦ Beef in chili is cooked on the same grill as, and may come in contact with, ingredients that contain Milk and Soy.
† Recommended portion sizes. French fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.
▲ Portion size ordinarily served to the guest.

FROSTY™ DAIRY DESSERTS

	Serving Size (g) ▲	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	
Classic Frosty, Chocolate, Junior	143	210	6	3.5	0.2	20	100	34	1	26	5	6	0	20	8	M
Classic Frosty, Chocolate, Small	247	360	10	6	0.3	35	170	59	1	44	9	10	0	30	10	M
Classic Frosty, Chocolate, Medium	338	490	13	9	0.5	45	230	80	2	61	13	15	0	45	15	M
Classic Frosty, Chocolate, Large	424	610	16	11	0.5	60	290	101	2	76	16	15	0	50	20	M
Classic Frosty, Chocolate, X-Large	655	940	25	17	1	90	450	156	3	118	24	25	0	80	35	M
Classic Frosty, Vanilla, Junior	139	200	5	3.2	0.2	20	100	32	0	27	5	6	0	20	0	M
Classic Frosty, Vanilla, Small	244	340	9	6	0.4	35	170	56	0	47	9	10	0	30	0	M
Classic Frosty, Vanilla, Medium	328	460	12	8	0.5	45	230	75	0	63	12	10	0	40	0	M
Classic Frosty, Vanilla, Large	411	570	16	10	0.5	55	290	94	0	79	15	15	0	50	0	M
Classic Frosty, Vanilla, X-Large	655	920	25	16	1	90	460	149	1	126	24	25	0	80	0	M

▲ Portion size ordinarily served to the guest.

HOMESTYLE CHICKEN STRIPS & CRISPY CHICKEN NUGGETS

	Serving Size (g) ▲	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	
3 Piece Homestyle Chicken Strips ★	139	360	17	3	0	65	1320	28	1	1	24	0	0	2	15	DE F G M S
4 Piece Kids' Meal Nuggets ★	64	170	10	2	0	30	350	9	0	0	9	0	0	0	4	DE F G M S
5 Piece Nuggets ★	81	210	13	2.5	0	35	440	11	0	0	12	0	0	0	6	DE F G M S
10 Piece Nuggets ★	161	410	26	5	0	70	870	22	0	0	23	0	0	2	10	DE F G M S
Buttermilk Ranch Sauce	28	120	12	2	0	10	240	2	0	2	0	0	0	0	0	EMS
Barbecue Sauce	28	45	0.1	0	0	0	115	11	0	4	0.4	0	4	2	2	D
Sweet & Sour Sauce	28	45	0	0	0	0	120	12	0	4	0	0	4	0	0	
Honey Mustard Sauce	28	80	6	1	0	10	220	7	0	3	0	0	0	0	0	ED
Creamy Sriracha Sauce	28	120	12	2	0	10	340	3	0	2	0	2	8	0	0	ED

★ Breaded chicken fillets, strips and nuggets may contain Egg, Milk and Soy.
▲ Portion size ordinarily served to the guest.

Daily Calorie and Sodium Requirements
Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

SANDWICHES*

	Serving Size (g) ▲	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	
Jr. Hamburger Deluxe ♦●	143	310	14	4.5	0.5	40	640	29	2	7	14	2	6	4	25	DE G
Jr. Cheeseburger Deluxe ♦●	155	350	18	7	1	50	820	29	2	7	16	8	6	10	25	DE G M S
Jr. Bacon Cheeseburger (JBC) ♦●	149	380	21	8	1	60	840	28	2	5	19	6	8	10	25	DE G M S
Cheesy Cheddarburger ♦●	109	300	14	6	0.5	50	730	26	1	5	16	4	0	10	20	G M S
Hamburger, Kids' Meal ♦●	92	250	9	3.5	0.5	35	530	27	1	6	13	0	0	2	20	G
Cheeseburger, Kids' Meal ♦●	103	290	12	6	0.5	45	700	28	1	6	16	4	0	8	20	G M S
Dave's Single™ ■♦●	239	550	31	13	1.5	95	1130	34	2	7	28	10	10	15	25	DE G M S
Dave's Double™ ■♦●	322	790	47	20	2.5	170	1410	34	2	7	46	10	10	15	50	DE G M S
Dave's Triple™ ■♦●	415	1080	67	29	4	250	1880	35	2	7	67	15	10	25	70	DE G M S
Baconator® ■♦●	287	920	58	23	3	200	1740	33	1	7	55	8	10	15	50	DE G M S
Son of Baconator® ■♦●	192	610	37	14	1.5	115	1520	33	1	6	33	8	8	15	25	DE G M S
Bacon Deluxe ■♦●	252	620	36	14	1.5	110	1360	35	2	8	33	10	15	15	30	DE G M S
Double Bacon Deluxe ■♦●	334	860	53	21	3	185	1640	35	2	8	51	10	15	20	50	DE G M S
Ultimate Chicken Grill ■♦●	214	320	7	1.5	0	80	880	35	2	7	29	4	20	4	10	DE G S
Spicy Chicken ■♦●★	211	420	17	3	0	55	980	44	2	5	23	4	10	4	20	DE F G M S
Homestyle Chicken ■♦●★	215	440	19	3.5	0	55	1010	44	1	5	23	4	10	4	10	DE F G M S
Asiago Ranch Chicken Club, Homestyle ■♦●★	252	600	32	9	0	90	1430	46	2	6	31	10	20	20	15	DE F G M S
Asiago Ranch Chicken Club, Grilled ■♦●★	247	490	22	7	0	115	1260	34	2	6	38	10	25	20	10	EG M S
Asiago Ranch Chicken Club, Spicy ■♦●★	248	580	30	8	0.4	90	1390	46	2	6	31	10	20	20	20	<