

# NUTRITION

|                         | Calories | Total Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|-------------------------|----------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| <b>SMALL SANDWICHES</b> |          |               |                  |             |           |           |           |             |
| Grand Escape            | 440      | 12            | 70               | 910         | 44        | 2         | 3         | 37          |
| Wild West BBQ           | 460      | 13            | 80               | 1010        | 49        | 2         | 7         | 37          |
| French Onion            | 550      | 22            | 80               | 1360        | 49        | 2         | 3         | 38          |
| Grand Chicken           | 410      | 13            | 70               | 1390        | 44        | 2         | 4         | 32          |
| Cajun Chicken           | 430      | 16            | 80               | 1990        | 44        | 1         | 3         | 32          |
| Buffalo Chicken         | 540      | 22            | 45               | 2200        | 64        | 2         | 4         | 23          |
| Turkey Club             | 360      | 9             | 60               | 1650        | 42        | 1         | 2         | 28          |

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|---------------------------|----------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| <b>REGULAR SANDWICHES</b> |          |               |                  |             |           |           |           |             |
| Grand Escape              | 660      | 19            | 105              | 1380        | 68        | 3         | 5         | 55          |
| Wild West BBQ             | 700      | 20            | 115              | 1540        | 75        | 2         | 11        | 55          |
| French Onion              | 830      | 33            | 120              | 2060        | 75        | 3         | 5         | 57          |
| Grand Chicken             | 620      | 19            | 105              | 2110        | 68        | 2         | 6         | 49          |
| Cajun Chicken             | 660      | 23            | 120              | 3000        | 68        | 2         | 5         | 48          |
| Buffalo Chicken           | 820      | 33            | 65               | 3320        | 97        | 3         | 6         | 35          |
| Turkey Club               | 550      | 14            | 90               | 2490        | 65        | 2         | 4         | 41          |

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|-------------------------|----------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| <b>LARGE SANDWICHES</b> |          |               |                  |             |           |           |           |             |
| Grand Escape            | 860      | 25            | 140              | 1800        | 87        | 4         | 7         | 73          |
| Wild West BBQ           | 920      | 26            | 155              | 2010        | 97        | 3         | 15        | 73          |
| French Onion            | 1030     | 40            | 150              | 2440        | 96        | 4         | 5         | 72          |
| Grand Chicken           | 810      | 25            | 140              | 2760        | 87        | 3         | 7         | 64          |
| Cajun Chicken           | 810      | 26            | 150              | 3690        | 86        | 2         | 7         | 61          |
| Buffalo Chicken         | 1080     | 44            | 90               | 4390        | 126       | 4         | 8         | 46          |
| Turkey Club             | 730      | 19            | 125              | 3450        | 84        | 3         | 5         | 57          |

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|-----------------|----------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| <b>WRAPS</b>    |          |               |                  |             |           |           |           |             |
| Grand Escape    | 520      | 18            | 70               | 1160        | 50        | 2         | 3         | 37          |
| Wild West BBQ   | 550      | 19            | 80               | 1270        | 56        | 2         | 7         | 37          |
| French Onion    | 630      | 28            | 80               | 1610        | 56        | 2         | 2         | 38          |
| Grand Chicken   | 490      | 18            | 70               | 1640        | 51        | 2         | 3         | 33          |
| Cajun Chicken   | 470      | 17            | 70               | 1980        | 50        | 1         | 3         | 30          |
| Buffalo Chicken | 630      | 27            | 45               | 2450        | 70        | 2         | 3         | 23          |
| Turkey Club     | 440      | 15            | 60               | 1900        | 49        | 1         | 2         | 28          |

|                             | Calories | Total Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|-----------------------------|----------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| <b>BURGERS</b>              |          |               |                  |             |           |           |           |             |
| Single Burger               | 590      | 32            | 90               | 1570        | 48        | 2         | 6         | 30          |
| Double Burger               | 860      | 50            | 170              | 2280        | 52        | 3         | 7         | 53          |
| Philly Burger               | 490      | 21            | 85               | 680         | 43        | 2         | 3         | 32          |
| Double Philly Burger        | 700      | 35            | 155              | 740         | 43        | 2         | 3         | 52          |
| Bacon Cheddar Burger        | 620      | 33            | 130              | 1140        | 41        | 1         | 1         | 41          |
| Double Bacon Cheddar Burger | 830      | 47            | 200              | 1190        | 41        | 1         | 1         | 61          |

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|-----------------|----------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| <b>SALADS</b>   |          |               |                  |             |           |           |           |             |
| Salad (no meat) | 280      | 20            | 60               | 1090        | 13        | 3         | 5         | 16          |
| Steak Salad     | 440      | 24            | 115              | 1380        | 15        | 3         | 5         | 41          |
| Chicken Salad   | 410      | 25            | 115              | 1860        | 14        | 3         | 6         | 36          |
| Turkey Salad    | 360      | 21            | 100              | 1940        | 15        | 3         | 5         | 30          |

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|--------------------------------|----------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| <b>POTATOES</b>                |          |               |                  |             |           |           |           |             |
| Potato with Steak              | 500      | 15            | 85               | 680         | 55        | 6         | 5         | 39          |
| Potato with Chicken            | 470      | 15            | 85               | 980         | 54        | 6         | 5         | 33          |
| Potato with Turkey             | 420      | 11            | 70               | 1060        | 54        | 6         | 4         | 27          |
| Loaded Potato- Cheddar & Bacon | 430      | 17            | 40               | 1070        | 56        | 5         | 5         | 16          |
| Loaded Potato- Bacon & Ranch   | 670      | 46            | 60               | 1000        | 51        | 5         | 4         | 15          |

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|-------------------------------|----------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| <b>FRESH-CUT FRIES</b>        |          |               |                  |             |           |           |           |             |
| Small Fries                   | 510      | 26            | 0                | 390         | 61        | 8         | 2         | 7           |
| Regular Fries                 | 700      | 36            | 0                | 540         | 84        | 11        | 3         | 10          |
| Regular Fries Cheddar & Bacon | 910      | 52            | 40               | 1580        | 91        | 11        | 5         | 20          |
| Regular Fries Ranch & Bacon   | 1160     | 82            | 60               | 1520        | 86        | 11        | 4         | 19          |

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| <b>DRINKS</b>    |          |               |                  |             |           |           |           |             |
| Small Lemonade   | 360      | 0             | 0                | 10          | 94        | 0         | 90        | 0           |
| Regular Lemonade | 520      | 0             | 0                | 15          | 136       | 0         | 130       | 0           |
| Small Iced Tea   | 0        | 0             | 0                | 0           | 0         | 0         | 0         | 0           |
| Regular Iced Tea | 0        | 0             | 0                | 0           | 0         | 0         | 0         | 0           |

