

Salads	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Regular Greek Salad with dressing	380	330	37	9.0	0	25	1990	7	5	2	6
Side Greek Salad with dressing	190	170	19	4.5	0g	15	1030	4	3	1	3
Buffalo Chicken Salad with no dressing	190	80	8	3.0	0	50	1820	10	1	3	19
Regular Garden Salad no dressing (with croutons)	140	70	8	4.0	0	15	270	13	3	2	7
Side Garden Salad no dressing (with croutons)	110	45	5	2.0	0	10	250	12	1	2	4
Light Italian Dressing (1.5 oz.)	20	5	1	0.0	0	0	770	2	0	2	0
Light Ranch Dressing (1.5 oz.)	70	40	4	0.5	0	0	310	8	0	3	1
Fat Free Italian Dressing (1.5 oz.)	25	0	0	0.0	0	0	390	5	0	3	0
Fat Free Ranch Dressing (1.5 oz.)	40	0	0	0.0	0	0	530	10	1	4	0
Fat Free Thousand Island Dressing (1.5 oz.)	50	0	0	0.0	0	0	390	12	1	10	1
Dijon Honey Mustard Dressing (1.5 oz.)	180	140	16	2.5	0	15	260	8	0	7	0
Honey French Dressing (1.5 oz.)	210	160	18	2.5	0	0	310	14	0	13	0
Blue Cheese Dressing (1.5 oz.)	210	190	21	4.0	0	25	430	2	0	2	2
Buttermilk Ranch Dressing (1.5 oz.)	210	200	22	3.5	0	10	370	2	0	1	1
Thousand Island Dressing (1.5 oz.)	220	190	21	3.0	0	20	350	6	0	6	0
Greek Dressing 1.5 oz. package	260	250	28	4.0	0.5	0	470	1	0	0	0
Chunky Blue Cheese Dressing (2tbsp)	130	120	14	2.5	0	15	280	1	0	1	1
Chili Ranch Dressing (2 tbsp)	150	150	16	2.5	0	15	330	1	0	1	0

Wraps	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Greek Chicken Wrap with Greek dressing	740	340	38	10.0	0	65	5230	67	8	5	31
Buffalo Chicken Wrap with Ranch dressing	700	330	37	10.0	0	75	2970	17	3	3	34
Classic Chicken Wrap with Chili Ranch dressing	660	310	34	10.0	0	85	2030	23	3	3	34

Burritos & Chilito	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chili Burrito Deluxe	640	300	33	17.0	0.5	120	1480	44	5	7	36
Chili Bean Mix Burrito Deluxe	650	260	29	15.0	0	85	1220	64	10	8	33
Vegetarian Black Bean Burrito Deluxe	700	280	32	14.0	0	65	920	73	9	7	27
Chilito	370	160	17	8.0	0	45	450	36	3	2	17

Fries	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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Chili Cheese Fries	750	360	40	18.0	0	100	1820	66	6	2	32
French Fries	390	120	13	2.5	0	0	790	63	6	1	6

Coneys	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Cheese Coney	290	200	23	12.0	0	60	940	6	1	4	15
Regular Coney (without cheese)	170	120	13	6.0	0	30	760	5	1	4	8
Chili Cheese Sandwich	290	150	17	9.0	0	60	800	24	2	3	21
Regular Chili Sandwich (without cheese)	120	70	7	2.5	0	30	840	5	1	3	9

Ways	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
3-Way											
Small	390	190	21	11.0	0	75	770	26	2	2	24
Regular	780	370	41	23.0	0.5	150	1550	52	4	4	47
Large	1100	540	60	34.0	0.5	215	2130	71	6	5	68
4-Way Onion											
Small	400	190	21	11.0	0	75	770	29	2	3	24
Regular	800	370	41	23.0	0.5	150	1550	58	5	6	48

Large	1130	540	60	34.0	0.5	215	2150	78	7	8	68
4-Way Bean											
Small	420	190	21	11.0	0	75	900	32	4	2	26
Regular	850	380	42	23.0	0.5	150	1780	65	8	4	52
Large	1200	540	60	34.0	0.5	215	2500	90	11	6	74
5-Way											
Small	430	190	21	11.0	0	75	900	35	4	3	26
Regular	870	380	42	23.0	0.5	150	1790	70	8	7	52
Large	1230	540	60	34.0	0.5	215	2520	97	12	9	74
Chili Spaghetti											
Small	220	60	7	2.5	0	30	510	26	2	2	13
Regular	440	120	13	5.0	0.5	60	1020	51	4	3	26
Large	580	160	18	7.0	0.5	80	1360	69	5	4	35
Vegetarian Black Bean & Rice 3-Way											
Small	410	160	18	10.0	0	45	640	41	5	3	19
Regular	820	330	36	19.0	0	90	1290	83	9	6	38
Large	1150	480	53	29.0	0	135	1800	111	12	8	55
Potatoes	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
3-Way Potato	600	230	25	14.0	0	95	1100	63	7	4	33
Cheddar Potato	700	380	42	16.0	4	60	650	61	6	4	21
Sour Cream Potato	520	250	28	8.0	4	20	310	61	6	4	8

Bowls	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Loaded Chili Bowl	510	280	31	17.0	0.5	125	1530	23	5	5	34
Coney Bowl	780	550	61	33.0	0.5	190	2120	8	1	5	48
Vegetarian Black Beans and Rice Bowl	370	120	14	4.5	0	20	710	47	8	5	13
Kids Meals	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Small 3-Way (Nutritionals for Small 3-Way entrée only)	390	190	21	11.0	0	75	770	26	2	2	24
P'sghetti (Nutritionals for P'sghetti entrée only)	290	130	15	9.0	0	45	260	25	1	1	15
Cheese Coney (Nutritionals for Cheese Coney entrée only)	290	200	23	12.0	0	60	940	6	1	4	15
Double Wiener Hot Doggy without cheese (Nutritionals for entrée only)	210	170	19	9.0	0	30	560	4	0	4	6
Firecracker Popsicle	40	0	0	0.0	0	0	0	10	0	7	0
Oreo Cookie 2 Pack	100	40	4.5	1.0	0	0	105	16	0	9	1
1 oz Animal Cracker	120	15	1.5	0.0	0.5	0	80	23	0	6	2

Beverages	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Diet Soft Drink 20 ounces, 66% ice	0	0	0	0.0	0	0	70	0	0	0	0
Regular Soft Drink 20 ounces, 66% ice (highest reg soft drink counts)	180	0	0	0.0	0	0	60	49	0	49	0
Iced Tea 20 ounces, 66% ice	0	0	0	0.0	0	0	13	0	0	0	0
Sweet Tea 20 ounces, 66% ice	70	0	0	0.0	0	0	10	20	0	20	1
Cofee 12 ounces	5	0	0	0.0	0	0	0	0	0	0	0
Hot Tea 12 ounces	5	0	0	0.0	0	0	8	0	0	0	0
2% Milk 8 ounces	130	45	5	3.0	0	20	125	13	0	13	8
1% Chocolate Milk 8 ounces	160	20	2.5	1.5	0	10	190	27	0	26	8
Side Items	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bowl of Crackers	60	15	1.5	0.5	0	0	90	11	1	0	1
2.5 oz Side of Chicken	70	10	1	0.0	0	35	670	1	0	0	15