



# Skyline Nutritional Facts

Menu Item	Calories (g)	Total Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>FRESH SELECTS SALADS</b>									
Greek Salad with no dressing	60	3.5	0	10	210	5	2	3	3
Garden Salad with no dressing	80	5	0	15	105	6	2	3	5
Classic Chicken Salad with no dressing	150	7	0	45	480	8	2	4	17
Greek Chicken Salad with no dressing	170	8	0	55	2830	9	8	5	18
Buffalo Chicken Salad with no dressing	150	7	0	45	640	7	2	4	17
Southwest Chicken Salad with no dressing and no Tortilla Chips	460	16	0	70	1260	18	5	6	25
Southwest Chicken Salad with Tortilla Chips but no dressing	760	44	0	65	1570	66	8	5	30
<b>FRESH SELECTS WRAPS</b>									
Classic Chicken Wrap with no dressing	510	21	0	70	1300	55	3	3	31
Greek Chicken Wrap with no dressing	510	21	0	65	2070	54	7	7	29
Buffalo Chicken Wrap with no dressing	520	21	0	70	1460	55	3	3	31
Southwest Chicken Wrap with no dressing	670	30	0	85	2040	65	6	8	34
<b>DRESSINGS</b>									
Honey French Dressing	210	18	0	0	310	14	0	13	0
Light Italian Dressing	20	1	0	0	770	2	0	2	0
Dijon Honey Mustard Dressing	180	17	0	15	240	8	0	7	1
Chili Ranch Dressing	275	29	0	28	606	0	0	2	0
Greek Salad Dressing	250	28	0	0	470	1	0	0	0
Light Ranch Dressing	70	4	0	0	310	8	0	3	1
Buttermilk Ranch Dressing	230	24	0	10	390	2	0	2	1

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<b>BURRITOS</b>									
Black Bean Burrito	600	25	0	45	1090	67	9	4	25
Black Bean Burrito Deluxe	690	30	0	60	1190	75	11	9	27
Chili Bean Mix Burrito	610	30	0	75	960	54	8	4	30
Chili Bean Mix Burrito Deluxe	700	36	0	90	1060	62	10	10	33
All Chili Burrito	560	30	0.5	105	1100	37	3	4	34
All Chili Burrito Deluxe	650	35	0.5	120	1200	45	6	9	37
Chili Cheese Melt	350	16	0	45	390	33	2	2	17
<b>STEAMED POTATOES</b>									
Plain Potato	310	0	0	0	25	72	6	5	7
Chili Potato	440	8	0	40	580	74	7	6	19
Sour Cream Potato	570	27	0	15	290	72	6	5	7
Cheddar Potato	740	41	0	60	590	72	6	5	21
3-Way Potato	870	49	0	100	1140	75	7	6	33
4-Way Potato	890	49	0	100	1150	78	7	7	33
5-Way Potato	950	50	0	100	1150	90	12	9	37
<b>BOWLS</b>									
Vegetarian Black Beans and Rice Bowl	320	9	0	0	1090	46	8	3	12
Chili Bowl	270	16	0.5	80	1110	6	1	3	25
Chili Cheese Bowl	440	30	0.5	125	1380	6	1	3	35
Chili Bean Bowl	270	12	0.5	60	840	17	6	3	23
Loaded Chili Bowl	580	40	0.5	140	1450	18	4	5	38
Coney Bowl	870	69	0	210	2170	9	2	4	54

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<b>CONEYS</b>									
Regular Coney (without cheese)	220	12	0	30	560	17	1	3	11
Cheese Coney	340	22	0	60	730	17	1	3	18
Regular Chili Sandwich (without cheese)	180	7	0	30	580	17	1	3	12
Chili Cheese Sandwich	290	17	0	60	760	17	1	3	19
<b>CHILI SPAGHETTI DISHES</b>									
3-Way Small	380	22	0	75	1420	22	2	2	23
3-Way Regular	760	44	0.5	150	2850	43	3	4	46
3-Way Large	1070	64	0.5	215	3880	58	5	5	65
4-Way Onion Small	390	22	0	75	1420	23	2	2	23
4-Way Onion Regular	770	44	0.5	150	2850	46	4	5	47
4-Way Onion Large	1090	64	0.5	215	3890	62	5	7	66
4-Way Bean Small	420	23	0	75	1440	29	4	2	26
4-Way Bean Regular	850	45	0.5	150	2880	59	9	5	52
4-Way Bean Large	1230	67	0.5	225	4070	61	12	7	76
5-Way Small	420	22	0	75	1420	29	4	3	25
5-Way Regular	840	45	0.5	150	2850	58	9	6	51
5-Way Large	1230	65	0.5	215	4130	87	13	9	73
Chili Spaghetti Small	230	9	0	35	1230	22	2	2	14
Chili Spaghetti Regular	450	18	0.5	70	2460	43	4	4	28
Chili Spaghetti Large	620	26	1	100	3370	58	5	5	40
Chili Spaghetti Onion Small	230	9	0	35	1230	23	2	2	14
Chili Spaghetti Onion Regular	470	17	0.5	60	2570	51	4	5	26
Chili Spaghetti Onion Large	640	26	1	100	3370	62	5	7	40

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<b>CHILI SPAGHETTI DISHES <i>continued</i></b>									
Chili Spaghetti Bean Small	260	9	0	35	1230	28	4	2	16
Chili Spaghetti Bean Regular	520	17	0.5	60	2570	61	9	4	30
Chili Spaghetti Bean Large	730	23	0.5	80	3590	87	13	6	42
Chili Spaghetti Bean & Onion Small	270	9	0	30	1280	32	5	3	15
Chili Spaghetti Bean & Onion Regular	530	17	0.5	60	2570	64	9	6	31
Chili Spaghetti Bean & Onion Large	750	24	0.5	80	3590	92	14	8	42
Black Bean & Rice Spaghetti Small	250	6	0	0	1280	40	5	2	8
Black Bean & Rice Spaghetti Regular	490	12	0	0	2550	79	9	3	16
Black Bean & Rice Spaghetti Large	680	16	0	0	3570	110	13	4	23
Black Bean & Rice 3-Way Small	420	20	0	45	1540	40	5	2	19
Black Bean & Rice 3-Way Regular	800	40	0	90	2830	74	9	4	36
Black Bean & Rice 3-Way Large	1160	58	0	135	4110	105	12	5	53
Black Bean & Rice 4-Way Small	430	20	0	45	1540	44	5	4	19
Black Bean & Rice 4-Way Regular	810	40	0	90	2830	77	9	5	37
Black Bean & Rice 4-Way Large	1170	58	0	135	4110	109	13	7	54
Black Bean & Rice 5-Way Small	470	20	0	45	1540	50	8	4	21
Black Bean & Rice 5-Way Regular	880	40	0	90	2830	89	14	6	41
Black Bean & Rice 5-Way Large	1240	58	0	135	3860	121	20	8	59
<b>FRIES</b>									
French Fries	630	33	11	0	430	79	6	1	8

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<b>KIDS MEALS</b>									
Kids P'sghetti Special	280	16	0	45	1010	19	1	1	14
Kids 3-Way Special	380	22	0	75	1420	22	2	2	23
Kids Single Wiener Hot Doggy Special without cheese	160	9	0	15	260	14	0	2	5
Kids Single Wiener Hot Doggy Special with Cheese	270	18	0	45	430	15	0	2	12
Kids Double Wiener Hot Doggy Special without cheese	250	17	0	30	430	15	0	3	8
Kids Double Wiener Hot Doggy Special with Cheese	360	26	0	60	600	16	0	3	15
Kids Coney Special without cheese	210	12	0	30	480	15	1	3	10
Kids Coney Special with Cheese	330	22	0	60	650	16	1	3	17
<b>SIDES</b>									
Side of Cheese	230	19	0	60	350	1	0	0	14
Side of Chili	130	8	0	40	560	3	1	1	12
Bowl of Crackers	100	3	1	0	300	20	<1	0	3
Garlic Bread Half	200	15	0	0	240	16	0	0	3
Garlic Bread Full	410	30	0	0	470	31	0	0	5
Cheddar Bread Half	260	20	0	15	320	16	0	0	6
Cheddar Bread Full	520	39	0	30	650	32	0	0	12