

NUTRITION INFORMATION

SIDE SELECTIONS

	Nutrition Information														Allergens						
	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polysaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut
Garden Side Salad	125	25	0	0	0	0	0	0	20	250	5	2	3	1							
Gourmet Croutons	18	90	3.5	0	0	1	2	0	190	25	12	0	0	2			✓		✓		
Caesar Side Salad	106	60	4	2	0	0	1	10	90	240	4	2	1	4			✓				
Gourmet Croutons	18	90	3.5	0	0	1	2	0	190	25	12	0	0	2			✓		✓		
Lemon Garlic Caesar Dressing ❖	31	110	11	2	0	5	2.5	10	180	15	2	0	1	2	✓	✓	✓	✓			
Apple Slices	68	35	0	0	0	0	0	0	0	75	9	2	7	0							
Plain Baked Potato (avg. wgt. 10 oz.)	283	270	0	0	0	0	0	0	25	1560	61	7	3	7							
Sour Cream & Chive Baked Potato	309	320	3.5	2	0	0	1	10	50	1610	63	7	4	8			✓				
Broccoli & Cheddar Baked Potato	424	420	11	6	0	1.5	3	25	560	1820	68	8	6	14			✓				
Bacon & Cheddar Baked Potato	389	520	20	9	0	3	7	50	930	1820	67	7	6	20			✓				
Buttery Best Spread	11	50	6	1	0	3	1	0	95	0	0	0	0	0			✓	✓			
Rich & Meaty Chili, Small	227	170	5	2	0	0	2	35	780	400	16	4	6	15							
Rich & Meaty Chili, Large	340	250	7	3	0.5	0	3	50	1170	600	23	5	9	23							
Hot Chili Seasoning Packet	7	5	0	0	0	0	0	0	280	0	2	0	1	0							
Saltine Crackers	6	25	0.5	0	0	0	0	0	80	0	5	0	0	1				✓	✓		
Cheddar Cheese, Shredded	17	70	6	3	0	0	1.5	15	105	15	1	0	0	4			✓				
Value Natural-Cut Fries*	77	220	11	2	0	5	3	0	240	440	28	3	0	3	•	•			•		
Small Natural-Cut Fries*	108	310	15	3	0	7	4	0	330	620	40	4	0	4	•	•			•		
Medium Natural-Cut Fries*	142	410	20	3.5	0	10	5	0	440	820	52	5	0	5	•	•			•		
Large Natural-Cut Fries*	176	500	24	4.5	0	12	6	0	540	1020	65	6	0	6	•	•			•		
Ketchup, 1 Packet	9	10	0	0	0	0	0	0	85	0	3	0	2	0							

*Recommended portion sizes. French fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

❖ Information is for 1 dressing packet.

✓ = menu item contains the allergen

• = menu item may be cooked in the same oil as an item containing the allergen