



Major Food Allergens listed in Red

Not all items are served in all stores

	Serving Weight (g)	Total Calories	Total Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates	Dietary Fiber (g)	Sugars (g)	Protein (g)
Breakfast Item												
Bacon Egg Cheese Croissant Contains: Milk, Eggs, Soy, Wheat	129	360	23	210	9	0	175	910	25	<1	5	14
Biscuit & Gravy Contains: Milk, Soy, Wheat	205	480	34	310	4	0	30	1330	37	<1	3	7
Breakfast Burrito Contains: Milk, Eggs, Soy, Wheat	164	340	18	160	6	0	135	950	31	<1	1	12
Chicken & Waffle Sandwich Contains: Milk, Egg, Soy, Wheat	177	560	28	250	9	0	60	950	55	2	21	23
Grande Sausage Egg & Cheese Burrito Contains: Milk, Egg, Soy, Wheat	300	630	34	300	10	0	325	2320	54	6	5	28
Hashbrown Stix	128	190	7	60	0	0	0	560	30	2	0	2
Ham Egg Cheese Croissant Contains: Milk, Eggs, Soy, Wheat	170	450	31	280	12	0	200	1040	26	<1	5	16
Sausage Egg Cheese Croissant Contains: Milk, Eggs, Soy, Wheat	164	480	36	320	7	0	200	820	24	<1	4	15
Sausage Egg Cheese Biscuit Contains: Milk, Eggs, Soy	200	630	47	430	3	0	185	1540	36	<1	4	16
Sausage Egg Cheese Pretzel Contains: Milk, Eggs, Soy, Wheat	221	580	33	300	4	0	185	1380	57	2	9	14
Turkey Sausage Egg Cheese Contains: Milk, Eggs, Soy, Wheat	156	260	10	90	4	0	40	930	24	1	4	20
Ultimate Omelet Wrap Contains: Milk, Eggs, Soy	113	220	13	110	6	0	15	710	15	0	1	12
Bakery Item												
Apple Fritter Contains: Milk, Eggs, Soy, Wheat	127	480	29	260	13	0	0	410	48	2	11	6
Apple Turnover Contains: Milk, Wheat	92	280	14	130	9	0	35	170	36	1	15	3
Bavarian Filled Bismark Contains: Milk, Eggs, Soy, Wheat	92	300	17	150	9	0	40	330	32	0	8	4
Chocolate Cream Flip Contains: Milk, Eggs, Soy, Wheat	113	360	18	11	11	0	45	350	43	2	11	7
Cinnamon Roll Contains: Milk, Eggs, Soy	156	460	15	140	5	2	25	470	72	2	31	8
Cinnamon Twist Contains: Milk, Wheat	71	260	14	120	9	0	40	160	32	<1	12	3
Cookie - Chocolate Chip Contains: Milk, Eggs, Wheat	57	260	12	110	4	2	15	200	34	1	14	3
Cookie - M&M Chocolate Chip Contains: Milk, Eggs, Soy, Wheat	57	250	11	100	4	2	15	200	35	1	14	3
Cookie - Macadamia Nut Contains: Milk, Eggs, Soy, Wheat, Nuts	57	270	14	130	5	2	15	210	32	0	12	3
Cookie - Caramel Apple Contains: Milk, Eggs, Soy, Wheat, Nuts	57	180	8	70	3	1	5	79	28	1	10	2
Cookie - Sugar Contains: Milk, Eggs, Soy, Wheat, Nuts	57	240	10	90	5	0	20	250	34	<1	18	3
Donut - Ampersand / Raised	85	320	20	180	9	0	0	310	29	1	4	5
Donut - Chocolate Cake Contains: Milk, Eggs, Soy, Wheat	85	350	21	190	10	0	15	560	36	2	13	5
Donut - White Cake Contains: Milk, Eggs, Soy, Wheat	85	380	23	210	11	0	15	560	39	0	14	5
Honeybun	85	320	16	140	7	0	0	390	38	2	5	6
Long John Contains: Milk, Eggs, Soy, Wheat	85	350	21	190	11	0	0	310	36	0	11	4
Marshmallow Crispy Bites Contains: Milk	97	370	8	70	5	0	25	260	72	0	38	2
Mini Chocolate Chip Cookies Contains: Milk, Eggs, Soy, Wheat	156	700	30	270	18	0	60	480	96	0	60	12
Mini Glazed Donuts	195	870	41	360	18	3	25	730	122	3	76	5
Muffin - Banana Nut Contains: Milk, Eggs, Soy, Wheat, Nuts	177	630	33	300	6	0	90	540	75	3	39	9
Muffin - Chocolate Chip Contains: Milk, Eggs, Soy, Wheat	177	630	30	270	8	0	90	540	81	3	45	9
Muffin - Blueberry Contains: Milk, Eggs, Soy, Wheat	177	590	30	270	6	0	90	540	75	0	36	6
Muffin - Pumpkin Contains: Milk, Eggs, Soy, Wheat	177	580	30	270	6	0	90	540	72	3	36	6
Palmier Contains: Milk, Wheat	113	400	16	140	10	0	45	250	58	1	27	5
Peanut Butter Crispy Bar Contains: Milk, Soy, Nuts	102	470	20	180	6	0	0	280	64	4	34	8
Peanut Butter Crispy Bites Contains: Milk, Soy, Nuts	143	660	28	250	8	0	0	390	90	6	48	11
Raspberry Cream Cheese Flip Contains: Milk, Soy, Wheat	130	490	22	200	5	7	5	370	67	1	26	7
Raspberry Twist Contains: Milk, Wheat	71	230	12	110	8	0	35	150	27	0	8	3
Savory Ham & Cheese Croissant Contains: Milk, Eggs, Wheat	91	300	16	140	10	0	60	330	25	1	4	13
Savory Spinach & Cheese Croissant Contains: Milk, Eggs, Soy, Wheat, Nuts	91	280	15	140	9	0	40	350	30	2	5	7
French Baguette Contains: Eggs, Soy, Wheat	340	980	6	50	0	0	0	2190	194	12	12	36
Focaccia Loaf Contains: Eggs, Soy, Wheat	340	980	12	110	0	0	0	2920	182	12	0	36
Round Boule Contains: Soy, Wheat	340	840	6	50	0	0	0	1970	167	6	0	30



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Angus Cheeseburger <u>Contains: Milk, Soy, Wheat</u>	159	450	25	230	9	1	60	890	31	1	4	25
Angus Bacon Cheeseburger <u>Contains: Milk, Soy, Wheat</u>	170	510	30	270	11	1	70	1150	31	1	4	28
Burrito - Fried <u>Contains: Soy, Wheat</u>	128	380	19	170	7	0	25	570	41	4	2	10
Burrito - Southwest Beef & Potato <u>Contains: Milk, Soy, Wheat</u>	164	340	18	160	6	0	45	780	31	<1	1	12
Cheese Balls <u>Contains: Milk, Wheat</u>	50	300	14	120	9	0	35	1000	31	3	3	14
Signature Chicken Sandwich <u>Contains: Soy, Wheat</u>	172	430	17	150	3	0	45	1070	46	2	6	24
Chicken Sandwich - Grilled <u>Contains: Soy, Wheat</u>	167	320	6	50	1	0	80	730	33	1	0	35
Honey Hot Chicken Sandwich <u>Contains: Soy, Wheat</u>	172	430	17	150	3	0	45	930	46	1	5	24
Crispito - Chicken & Cheese <u>Contains: Milk, Wheat</u>	77	190	7	60	3	0	15	280	22	1	4	9
Corn Dog <u>Contains: Milk, Eggs, Soy, Wheat</u>	113	280	13	120	4	0	40	650	31	1	9	9
Chicken Tenders - 3 <u>Contains: Wheat</u>	156	380	18	160	3	0	55	900	27	2	0	27
Egg Roll <u>Contains: Eggs, Soy, Wheat</u>	85	190	9	80	3	0	15	590	19	2	3	7
Jalapeno Poppers <u>Contains: Milk, Wheat</u>	130	130	6	50	4	0	10	420	15	1	1	3
Mini Tacos <u>Contains: Wheat</u>	143	270	8	70	2	0	40	580	39	4	2	10
Munchers <u>Contains: Milk, Soy</u>	85	180	10	90	5	0	15	460	18	3	0	5
Potato Wedges <u>Contains: Wheat</u>	85	150	7	60	1	0	0	590	20	2	0	2
Made to Order Sandwich												
Brisket & Cheddar Panini <u>Contains: Milk, Soy, Wheat</u>	257	730	38	340	17	0	45	1400	60	2	3	39
Grilled Cheese Panini <u>Contains: Milk, Soy, Wheat</u>	200	660	32	290	18	0	90	960	57	2	2	35
Italian Chicken Panini <u>Contains: Milk, Soy, Wheat</u>	303	660	27	240	11	0	115	1490	57	3	4	46
Philly Cheese Steak Sub <u>Contains: Milk, Soy, Wheat</u>	283	530	20	180	10	0	80	2060	56	4	7	33
Turkey Cranberry Panini <u>Contains: Milk, Soy, Wheat</u>	244	560	20	180	9	0	95	1310	59	3	8	36
Cold Sandwich												
Chicken Bacon Ranch Wrap <u>Contains: Milk, Wheat</u>	229	630	28	250	9	0	55	1630	64	2	3	31
Ham & Cheddar Sub <u>Contains: Milk, Wheat</u>	225	440	14	120	7	0	75	1440	49	3	5	30
Ham & Swiss on Bistro Bun <u>Contains: Milk, Soy, Wheat</u>	147	260	11	100	5	0	60	800	22	1	3	20
Italian Hero Sub <u>Contains: Milk, Wheat</u>	211	480	21	190	7	0	60	170	49	3	4	25
KG Classic Club on Croissant <u>Contains: Milk, Soy, Wheat</u>	166	370	20	180	9	0	75	1070	27	<1	5	20
Turkey Cheddar Wrap <u>Contains: Milk, Wheat</u>	223	470	16	150	8	0	75	1420	52	4	4	29
Turkey Cranberry Swiss On Sourdough <u>Contains: Milk, Soy, Wheat</u>	234	480	14	130	5	0	75	1270	59	3	8	30
Turkey & Pepperjack Sub <u>Contains: Milk, Wheat</u>	225	450	13	120	3	0	75	1240	53	3	5	30
Turkey & Provolone on 9-Grain <u>Contains: Milk, Wheat</u>	175	340	12	110	5	0	55	870	34	2	5	22
Turkey Sourdough <u>Contains: Soy, Wheat</u>	202	380	7	70	2	0	55	1120	54	2	4	24
Pizza Slices												
Cheese Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	118	260	10	90	6	0	30	560	29	<1	3	13
Italian Sausage Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	122	270	11	100	4	0	30	510	30	1	3	12
Pepperoni Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	114	260	10	90	4	0	30	610	29	<1	3	12
Bacon Cheeseburger Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	131	290	11	100	4	0	35	810	30	1	3	16
BBQ Chicken Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	122	260	8	70	4	0	30	620	34	<1	7	14
Beef Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	122	250	9	80	4	0	30	680	30	1	3	13
Breakfast Pizza Slice <u>Contains: Milk, Eggs, Soy, Wheat</u>	112	280	11	100	5	0	50	690	28	1	2	15
Chipotle Chicken Bacon Ranch Pizza Slice <u>Contains: Milk, Eggs, Soy, Wheat</u>	127	380	21	190	6	0	40	850	31	1	3	16
Combo Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	134	270	11	100	4	0	30	700	30	1	3	13
Hawaiian Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	128	270	10	90	4	0	35	700	30	<1	4	15
Italian Meat Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	131	310	15	140	5	0	40	800	30	1	3	14



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Salads - dressing not included												
Chef Salad <u>Contains: Milk</u>	236	150	7	60	7	0	40	760	7	2	2	15
Chicken Caesar Salad <u>Contains: Milk, Soy, Wheat</u>	228	310	14	130	7	0	75	820	14	2	1	31
Fall Harvester Salad <u>Contains: Milk, Soy</u>	249	370	14	120	5	0	65	610	33	6	1	29
Southwest Salad <u>Contains: Milk, Soy</u>	292	250	7	60	3	0	65	940	18	5	<1	28
Roller Grill Item												
Potato Bun <u>Contains: Soy, Wheat</u>	45	140	4	30	1	0	0	230	24	1	3	4
Meat Frank	91	303	31	260	11	0	81	984	2	0	0	11
Polish Sausage	113	422	39	350	16	0	82	1510	2	0	1	16
Cheddarwurst Sausage <u>Contains: Milk</u>	91	344	31	280	12	0	77	1068	2	0	0	14
Mesquite Jalapeno Sausage	91	342	31	280	11	0	71	1414	4	0	0	14
Pepperjack Sausage <u>Contains: Milk</u>	91	348	29	280	11	0	71	1349	2	1	1	15
Bacon Gouda Chicken Sausage <u>Contains: Milk</u>	91	244	17	160	5	0	78	1222	8	0	2	19
Buffalo Chicken Rollerbite <u>Contains: Milk, Soy, Wheat</u>	82	180	9	80	3	0	35	680	12	0	1	13
Cheeseburger Rollerbite <u>Contains: Milk, Soy, Wheat</u>	85	270	22	200	10	1	75	660	4	0	2	14
Bacon Egg Cheese Tornado <u>Contains: Wheat, Eggs, Milk</u>	85	180	8	70	2	0	20	320	21	0	1	6
Cheesy Pepperjack Tornado <u>Contains: Wheat, Milk</u>	85	220	12	110	5	0	25	240	22	0	1	7
French Toast Tornado <u>Contains: Wheat, Milk, Soy, Eggs</u>	85	190	8	70	2	0	25	200	22	1	1	7
Grilled Chicken & Cheddar Tornado <u>Contains: Wheat, Soy, Milk, Mustard</u>	85	170	6	60	1	0	10	460	22	0	1	7
Ranchero Beef & Cheese Tornado <u>Contains: Wheat, Soy, Milk</u>	85	180	7	60	2	0	10	380	23	1	1	7
Sausage Egg Cheese Tornado <u>Contains: Eggs, Wheat, Milk, Soy</u>	85	180	8	70	2	0	15	280	21	0	0	5
Spicy Cheesesteak Tornado <u>Contains: Wheat, Milk, Soy</u>	85	180	6	60	2	0	10	320	23	1	1	6