

item

	Total Calories (kcal)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
Onion Rings, Medium	566	6	1367	58
Onion Rings, Large	754	8	1822	77
Sweet Potato Fries, Small	485	25	373	61
Sweet Potato Fries, Large	606	32	467	77
Side Salad	101	3	156	9
Side Salad w/ Caesar Dressing	237	5	376	8
Side Salad w/ Garlic Toast	325	5	567	27
Wedge Cut Fries, Small	296	3	572	36
Wedge Cut Fries, Large	493	6	953	60
Bacon and Swiss Chicken Sandwich w/ Crispy Chicken	1146	17	2544	83
Bacon and Swiss Chicken Sandwich w/ Grilled Chicken	1041	16	1829	49
Black Bean Burger	497	11	995	89
Buffalo Chicken Sandwich w/ Crispy Chicken	725	7	4812	75
Buffalo Chicken Sandwich w/ Grilled Chicken	620	5	4097	41
Buffalo Ranch Chicken Sandwich w/ Grilled Chicken	1528	15	995	61
California Turkey Burger w/ Wheat Bun	1172	29	2178	58
Chicken Sandwich w/ Crispy Chicken	725	7	1812	75
Chicken Sandwich w/ Grilled Chicken	701	6	1264	53
Chicken Tenders	468	4	1253	36
Green Chili Chicken Sandwich w/ Grilled Chicken	740	10	1301	42
Mushroom Turkey Burger w/ Wheat Bun	960	20	2236	55
Mushroom Swiss Turkey Burger w/ Wheat Bun	1071	25	2352	56
Ribeye Steak Sandwich	456	11	331	1
Tilapia Sandwich w/ Blackened Tilapia & White Bun	775	8	2598	51
Tilapia Sandwich w/ Blackened Tilapia & Wheat Bun	601	3	1546	75
Tilapia Sandwich w/ Fried Tilapia & White Bun	977	45	4577	104
Tilapia Sandwich w/ Fried Tilapia & Wheat Bun	883	7	2030	124
Tilapia Sandwich w/ Grilled Tilapia & White Bun	823	10	1197	51

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	Total Calories (kcal)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)
Tilapia Sandwich w/ Grilled Tilapia & Wheat Bun	729	9	1020	49
Turkey Burger w/ Wheat Bun	870	18	1942	51
Turkey Swiss Burger w/ Wheat Bun	981	23	2058	52
Ultimate Grilled Cheese Sandwich	1036	25	2189	50
Veggie Burger	432	6	1114	70
Kid's Burger	469	6	1192	40
Kid's Cheese Burger	539	9	1472	42
Kid's Chicken Tenders	234	2	626	18
Kid's Grilled Cheese Sandwich	415	8	859	43
Kid's Grilled Chicken Sandwich	521	5	801	40
Kid's Hot Dog	450	9	892	40
Kid's Shake, Chocolate	491	12	273	73
Kid's Shake, Oreo®	472	15	414	62
Kid's Shake, Strawberry	441	14	117	52
Kid's Shake, Vanilla	441	14	121	52
Kid's Wedge Cut Fries	246	2	477	30
Brownie w/ Nuts	338	6	63	37
Brownie	264	6	63	36
Chocolate Chip Cookie	180	5	125	24
Crispy Square	439	9	363	73
Macaroon Cookie, Jumbo	444	19	256	56
Macaroon Cookie, Regular	222	9	128	28
Oatmeal Raisin Cookie	160	4	110	23
Sugar Cookie	180	4	170	25
White Chocolate Macadamia Nut Cookie	190	5	120	23
Shake, Chocolate	638	18	172	84
Shake, Oreo®	713	18	653	105
Shake, Strawberry	629	18	403	86
Shake, Vanilla	630	18	411	86

Nutritional information provided on these sheets is based on representative values provided by suppliers, published resources, analysis using industry standard software and testing conducted in accredited laboratories. Information is expressed in values based on federal rounding and other applicable regulations. Puddruckers cannot guarantee the nutritional information provided is fully accurate as it relates to the prepared menu items in all of our restaurants. Our menu items are made to order by hand. This may cause slight variations in serving sizes which may affect the nutrition values for each product.



NUTRITION
LISTED BY ITEM