

Nutrition Information



| Calories | Cal from Fat | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Sugars (g) | Fiber (g) | Protein (g) |
|----------|--------------|---------------|-------------|---------------|------------------|-------------|-------------------|------------|-----------|-------------|
|----------|--------------|---------------|-------------|---------------|------------------|-------------|-------------------|------------|-----------|-------------|

| DESIGN YOUR PANINI <i>Includes panini bread, spinach, tomatoes, and a pickle spear. Values do not include sides, cheese and sauces unless noted.</i> | | | | | | | | | | | |
|--|-----|-----|------|----|---|----|------|------|----|-----|----|
| Chicken Panini (Half) | 230 | 35 | 4.5 | 0 | 0 | 10 | 605 | 28 | 4 | <1g | 16 |
| Chicken Panini (Whole) | 455 | 70 | 9 | 0 | 0 | 20 | 1210 | 56 | 8 | 1.5 | 32 |
| Turkey Panini (Half) | 195 | 35 | 4.5 | 0 | 0 | 10 | 895 | 28 | 4 | <1g | 10 |
| Turkey Panini (Whole) | 385 | 70 | 8.5 | 0 | 0 | 20 | 1800 | 56 | 8 | 1.5 | 20 |
| Italian Trio (Half) | 300 | 120 | 13.5 | 4 | 0 | 10 | 1315 | 29 | 5 | <1g | 14 |
| Italian Trio (Whole) | 595 | 235 | 27 | 8 | 0 | 20 | 2630 | 58 | 10 | 1.5 | 28 |
| 3 Cheese with Bacon (Half) | 280 | 100 | 12 | 6 | 0 | 30 | 825 | 28 | 4 | 2.5 | 21 |
| 3 Cheese with Bacon (Whole) | 560 | 200 | 24.5 | 12 | 0 | 60 | 1650 | 56 | 8 | 4.5 | 41 |
| Veggie Panini (Half) (V) | 165 | 15 | 2 | 0 | 0 | 0 | 600 | 30 | 6 | 2 | 5 |
| Veggie Panini (Whole) (V) | 325 | 30 | 4 | 0 | 0 | 0 | 1195 | 60.5 | 11 | 3.5 | 9 |

| DESIGN YOUR SANDWICH <i>Includes bun, lettuce, tomato and a pickle spear. Values do not include sides, cheese and sauces unless noted.</i> | | | | | | | | | | | |
|--|-----|-----|------|------|---|-----|------|----|---|---|----|
| Grilled Chicken Sandwich | 215 | 40 | 4 | 0.5 | 0 | 45 | 894 | 23 | 4 | 2 | 18 |
| Angus Cheese Burger | 410 | 180 | 20.5 | 10.5 | 0 | 105 | 1370 | 27 | 5 | 2 | 33 |
| Turkey Burger | 305 | 90 | 10 | 2.5 | 0 | 80 | 890 | 23 | 4 | 2 | 25 |
| Chicken Tender Sandwich | 560 | 215 | 24 | 4.5 | 0 | 55 | 2140 | 50 | 5 | 4 | 33 |
| 1000 Hills Burger | 420 | 190 | 21 | 11 | 0 | 95 | 895 | 21 | 2 | 2 | 32 |
| Veggie Burger (V) | 245 | 50 | 5 | 1 | 0 | 5 | 1130 | 31 | 3 | 2 | 15 |
| Chicken Tender Basket (w/ fries) | 730 | 330 | 38 | 5 | 0 | 60 | 1330 | 62 | 0 | 6 | 36 |

| SALADS <i>Includes spring mix/romaine lettuce and tomatoes. Values do not include sides, cheese and dressings.</i> | | | | | | | | | | | |
|--|-----|----|-----|-----|---|----|-----|-----|---|---|------|
| Salad w/Chicken (GF) | 200 | 40 | 5 | 0 | 0 | 80 | 170 | 6.5 | 2 | 3 | 26.5 |
| Salad w/Turkey (GF) | 130 | 40 | 4.5 | 0 | 0 | 30 | 750 | 6.5 | 2 | 3 | 14.5 |
| Salad w/Ham (GF) | 60 | 15 | 2 | 0.5 | 0 | 25 | 520 | 2 | 2 | 0 | 9 |

| SOUPS <i>Nutritional information for the Soup of the Day varies.</i> | | | | | | | | | | | |
|--|------|-----|------|-----|---|-----|------|------|-----|------|------|
| Chicken Wild Rice (8 oz) | 220 | 100 | 11 | 6 | 0 | 20 | 630 | 25 | 5 | 1 | 5 |
| Chicken Wild Rice (12 oz) | 330 | 150 | 16.5 | 9 | 0 | 30 | 945 | 37.5 | 7.5 | 1.5 | 7.5 |
| Chicken Wild Rice (32 oz) | 880 | 400 | 44 | 24 | 0 | 80 | 2520 | 100 | 20 | 4 | 20 |
| Chili (8 oz) (GF) | 260 | 70 | 7 | 2.5 | 0 | 30 | 1160 | 34 | 8 | 11 | 17 |
| Chili (12 oz) (GF) | 390 | 105 | 10.5 | 4 | 0 | 45 | 1740 | 50 | 12 | 16.5 | 25.5 |
| Chili (32 oz) (GF) | 1560 | 280 | 28 | 10 | 0 | 120 | 4640 | 136 | 32 | 44 | 68 |
| French Bread Slice (2 oz) (V) | 140 | 5 | 0.5 | 0 | 0 | 0 | 360 | 28 | 0 | 1 | 5 |
| Wheat Bread Slice (2 oz) (V) | 130 | 10 | 1 | 0 | 0 | 0 | 250 | 26 | 2 | 3 | 6 |

| DESIGN YOUR PANINI/SANDWICH/SALAD ADD-ONS | | | | | | | | | | | |
|--|----|----|-----|---|---|----|-----|---|---|---|----|
| Cheeses | | | | | | | | | | | |
| Swiss (1 Slice) (V, GF) | 70 | 45 | 5 | 0 | 0 | 80 | 50 | 0 | 0 | 0 | 24 |
| Cheddar (1 Slice) (V, GF) | 80 | 60 | 4.5 | 0 | 0 | 30 | 630 | 0 | 0 | 0 | 12 |
| Provolone (1 Slice) (V, GF) | 70 | 45 | 11 | 4 | 0 | 25 | 500 | 0 | 0 | 0 | 6 |
| Pepper Jack (1 Slice) (V, GF) | 80 | 60 | 6 | 2 | 0 | 20 | 360 | 0 | 0 | 0 | 6 |

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|---|-----|-----|-----|-----|---|---|-----|-----|---|---|-----|
| Dressings/Sauces (Dressing selection varies) | | | | | | | | | | | |
| Pesto (1 TBSP) (V, GF) | 60 | 55 | 6 | 1 | 0 | 0 | 45 | 1.5 | 0 | 0 | 1.5 |
| Buffalo Sauce (1 TBSP) (VG, GF) | 30 | 30 | 3 | 1.5 | 0 | 0 | 430 | 0 | 0 | 0 | 0 |
| Honey BBQ (1 TBSP) (V, GF) | 25 | 25 | 0 | 0 | 0 | 0 | 115 | 6 | 5 | 1 | 0 |
| Chipotle Mayo (1 TBSP) (V, GF) | 40 | 35 | 3.5 | 0.5 | 0 | 0 | 120 | 0 | 0 | 0 | 0 |
| Garlic Mayo (1TBSP) (V, GF) | 40 | 35 | 3.5 | 0.5 | 0 | 0 | 120 | 0 | 0 | 0 | 0 |
| Oil & Vin. w/ Oregano (1 TBSP) (VG, GF) | 70 | 70 | 8 | 1.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Hummus (3 oz) (VG, GF) | 150 | 100 | 11 | 1.5 | 0 | 0 | 450 | 10 | 0 | 3 | 4 |

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|--------------------------------|-----|-----|-----|-----|---|----|-----|---|---|---|------|
| Proteins | | | | | | | | | | | |
| Chicken (3 oz/1.5 cup) (GF) | 120 | 30 | 4 | 0 | 0 | 60 | 40 | 0 | 0 | 0 | 18 |
| Turkey (3 oz/4 slices) (GF) | 90 | 40 | 4.5 | 0 | 0 | 30 | 630 | 0 | 0 | 0 | 12 |
| Pepperoni (1 oz/6 slices) (GF) | 130 | 100 | 11 | 4 | 0 | 25 | 500 | 0 | 0 | 0 | 6 |
| Bacon (2 slices) (GF) | 45 | 30 | 3.5 | 1.5 | 0 | 10 | 190 | 0 | 0 | 3 | 17.5 |
| Salami (1 oz/3 slices) (GF) | 110 | 90 | 10 | 3.5 | 0 | 25 | 450 | 0 | 0 | 0 | 5 |
| Ham (2 oz/3 slices) (GF) | 60 | 15 | 2 | 0.5 | 0 | 25 | 520 | 2 | 2 | 0 | 9 |

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|------------------------------------|---|---|---|---|---|---|---|-----|---|-----|---|
| Vegetables | | | | | | | | | | | |
| Tomato Slices (2 slices) (VG) (GF) | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 | 0 | 0 |
| Spinach (2 oz) (VG) (GF) | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0.5 | 0 | 0.5 | 0 |

| FRIES & ADD-ONS | | | | | | | | | | | |
|---|-----|-----|------|------|---|----|-----|----|----|-----|------|
| Small French Fries (4 oz) (VG, GF) | 260 | 130 | 15 | 1.5 | 0 | 0 | 200 | 29 | 0 | 3 | 3 |
| Large French Fries (6 oz) (VG, GF) | 390 | 195 | 22.5 | 2.25 | 0 | 0 | 300 | 44 | 0 | 4.5 | 9 |
| Small Sweet Potato Fries (4 oz) (V, GF) | 200 | 80 | 9 | 1 | 0 | 0 | 330 | 24 | 12 | 3 | 2 |
| Large Sweet Potato Fries (6 oz) (V, GF) | 300 | 120 | 13.5 | 1.5 | 0 | 0 | 495 | 36 | 18 | 4.5 | 3 |
| Cheese (1 slice) (V, GF) | 105 | 80 | 9 | 5.5 | 0 | 25 | 415 | 0 | 0 | 0 | 6 |
| Mushrooms (1 oz) (GF) | 30 | 25 | 2.75 | 0.5 | 0 | 0 | 100 | 0 | 0 | 0.5 | 0 |
| Bacon (2 Slices) (GF) | 45 | 30 | 3.5 | 1.5 | 0 | 10 | 190 | 0 | 0 | 3 | 17.5 |
| Guacamole (1 oz) (VG, GF) | 25 | 20 | 2.5 | 0 | 0 | 0 | 40 | 2 | 0 | 1 | 0 |

| APPETIZERS | | | | | | | | | | | |
|---------------------------------------|-----|-----|------|------|---|----|------|----|------|---|----|
| Egg Rolls (4) w/ sauce (V) | 320 | 60 | 7 | 2.5 | 0 | 5 | 630 | 27 | 2 | 2 | 4 |
| Onion Rings (6 oz) (V) | 380 | 220 | 24 | 2.5 | 0 | 0 | 640 | 38 | 4 | 2 | 4 |
| Mozzarella Sticks (4 oz) w/ sauce (V) | 500 | 240 | 27 | 10 | 1 | 40 | 1300 | 43 | 14 | 3 | 22 |
| Mini Corn Dogs (9 each) | 540 | 280 | 31.5 | 6.75 | 0 | 80 | 1260 | 45 | 13.5 | 0 | 18 |
| Popcorn Chicken (6 oz) | 540 | 300 | 33 | 6 | 0 | 60 | 1890 | 42 | 3 | 6 | 27 |



Calories
Cal from Fat
Total Fat (g)
Sat Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Sugars (g)
Fiber (g)
Protein (g)

Stir fry items contain rice, vegetables and selected protein. Lo mein dishes include lo mein noodles, vegetables and selected protein. Sauces are not included unless indicated.

PASTA AND STIR FRY

| | | | | | | | | | | | |
|--|-----|-----|------|------|---|-----|------|------|------|-----|------|
| Shells & Triple Cheese (Small) (V) | 575 | 170 | 19.5 | 10.5 | 0 | 50 | 655 | 75 | 9 | 5 | 24.5 |
| Shell & Triple Cheese (Regular) (V) | 820 | 245 | 31 | 17.3 | 0 | 80 | 1030 | 101 | 12 | 6 | 35.5 |
| Alfredo (Small) (V) | 465 | 120 | 13.5 | 7.2 | 0 | 30 | 390 | 69 | 6 | 3 | 16.5 |
| Alfredo (Regular) (V) | 700 | 195 | 22 | 12 | 0 | 50 | 685 | 99 | 12 | 6 | 25 |
| Marinara (Small) (VG) | 425 | 35 | 5.5 | 0 | 0 | 0 | 675 | 80 | 14 | 9 | 11.5 |
| Marinara (Regular) (VG) | 550 | 45 | 7 | 0 | 0 | 0 | 835 | 104 | 17 | 11 | 20 |
| Beef Stir Fry with Rice (Small) (GF) | 295 | 55 | 6 | 2.5 | 0 | 50 | 90 | 36 | 3 | 2 | 19 |
| Beef Stir Fry with Rice (Large) (GF) | 315 | 55 | 6 | 2.5 | 0 | 50 | 90 | 45 | 3 | 2 | 20 |
| Chicken Stir Fry with Rice (Small) (GF) | 330 | 40 | 5 | 0 | 0 | 80 | 85 | 36 | 3 | 2 | 28 |
| Chicken Stir Fry with Rice (Large) (GF) | 350 | 40 | 5 | 0 | 0 | 80 | 85 | 46 | 3 | 2 | 29 |
| Shrimp Stir Fry with Rice (Small) (GF) | 250 | 10 | 1 | 0 | 0 | 140 | 415 | 36 | 3 | 2 | 21.5 |
| Shrimp Stir Fry with Rice (Large) (GF) | 270 | 10 | 1 | 0 | 0 | 140 | 415 | 46 | 3 | 2 | 22.5 |
| Tofu Stir Fry with Rice (Small) (VG, GF) | 260 | 0 | 6 | 0.5 | 0 | 0 | 45 | 38 | 3 | 2.5 | 14 |
| Tofu Stir Fry with Rice (Large) (VG, GF) | 280 | 0 | 6 | 0.5 | 0 | 0 | 45 | 48 | 3 | 2.5 | 15 |
| Beef Lo Mein (Small) | 455 | 56 | 6 | 2.5 | 0 | 50 | 105 | 75 | 10.5 | 5 | 22 |
| Beef Lo Mein (Large) | 555 | 56 | 6 | 2.5 | 0 | 50 | 111 | 99 | 11 | 6 | 24 |
| Chicken Lo Mein (Small) | 490 | 40 | 5 | 0 | 0 | 80 | 100 | 75 | 10.5 | 5 | 31 |
| Chicken Lo Mein (Large) | 590 | 40 | 5 | 0 | 0 | 80 | 105 | 99 | 11 | 6 | 33 |
| Shrimp Lo Mein (Small) | 410 | 10 | 1 | 0 | 0 | 140 | 430 | 75 | 10.5 | 5 | 24.5 |
| Shrimp Lo Mein (Large) | 510 | 10 | 1 | 0 | 0 | 140 | 435 | 99 | 11 | 6 | 26.5 |
| Tofu Lo Mein (Small) (V) | 420 | 0 | 6 | 0.5 | 0 | 0 | 60 | 77 | 10.5 | 3 | 17 |
| Tofu Lo Mein (Large) (V) | 520 | 0 | 6 | 0.5 | 0 | 0 | 65 | 101 | 11 | 6.5 | 19 |
| Whole Wheat Penne Noodles (3 oz) | 300 | 25 | 2 | 0 | 0 | 0 | 15 | 61.5 | 3 | 9 | 10.5 |
| Lo Mein Noodles (3 oz) | 300 | 0 | 0 | 0 | 0 | 0 | 15 | 70.5 | 7.5 | 3 | 6 |
| Brown Rice (3 oz) (GF) | 90 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 0 | 3 | 3 |

PASTA/STIR FRY ADD-ONS

| | | | | | | | | | | | |
|-------------------------------------|-----|------|------|------|---|-----|------|-----|------|-----|------|
| Bacon (2 slices) (GF) | 45 | 30 | 3.5 | 1.5 | 0 | 10 | 190 | 0 | 0 | 3 | 17.5 |
| Diced Ham (4 oz) (GF) | 160 | 70 | 8 | 3.5 | 0 | 45 | 1730 | 4 | 4 | 0 | 17 |
| Shrimp (2.5 oz) (GF) | 80 | 10 | 1 | 0 | 0 | 140 | 380 | 0 | 0 | 0 | 17.5 |
| Beef Strips (2.5 oz) (GF) | 125 | 56 | 6.25 | 2.5 | 0 | 50 | 56 | 0 | 0 | 0 | 15 |
| Chicken (4 oz) (GF) | 160 | 40 | 5 | 0 | 0 | 80 | 50 | 0 | 0 | 0 | 24 |
| Tofu (4 oz) (VG) (GF) | 90 | 0 | 6 | 0.50 | 0 | 0 | 10 | 2 | 0 | 0.5 | 10 |
| House Stir Fry Sauce (3 oz) | 120 | 37.5 | 4.5 | 0 | 0 | 0 | 930 | 18 | 13.5 | 0 | 1.5 |
| Teriyaki Sauce (3 oz) (V) | 90 | 0 | 0 | 0 | 0 | 0 | 945 | 18 | 15 | 0 | 0 |
| Sweet and Sour Sauce (2 oz) (V, GF) | 140 | 0 | 0 | 0.5 | 0 | 0 | 260 | 36 | 28 | 0 | 0 |
| Pesto (1 oz) (GF) | 115 | 95 | 10.5 | 1.5 | 0 | 0 | 360 | 3 | 1 | 0.5 | 1.5 |
| Alfredo Sauce (2 oz) (V, GF) | 100 | 70 | 8 | 5 | 0 | 20 | 260 | 4 | 1 | 0 | 4 |
| Marinara Sauce (2 oz) (VG, GF) | 40 | 10 | 2 | 0 | 0 | 0 | 320 | 6 | 4 | 2 | 1 |
| Cheese Sauce (2 oz) (V, GF) | 60 | 25 | 3 | 1.5 | 0 | 5 | 330 | 6 | 3 | 0 | 1 |
| Veggie Mix (2 oz) (V, GF) | 20 | 0 | 0 | 0 | 0 | 0 | 22 | 3 | 4 | 1 | 1 |
| Spinach (2 oz) (V, GF) | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0.5 | 0 | 0.5 | 0 |

SHAKES

Flavor of the Day items vary.

| | | | | | | | | | | | |
|---------------------------|-----|-----|----|----|---|-----|-----|----|----|-----|----|
| Vanilla (16 oz) (V, GF) | 760 | 395 | 44 | 24 | 0 | 310 | 200 | 67 | 72 | <1g | 14 |
| Chocolate (16 oz) (V, GF) | 860 | 395 | 44 | 24 | 0 | 310 | 215 | 91 | 92 | 1.5 | 14 |

Items are prepared on non gluten-contaminated surfaces. Please inform your server if you have a food allergy or intolerance.

GLUTEN FREE ALTERNATIVES

| | | | | | | | | | | | |
|-------------------------------------|-----|----|-----|---|---|---|-----|-----|---|---|---|
| Udi's® Gluten Free Hamburger Bun | 190 | 45 | 5 | 0 | 0 | 0 | 360 | 32 | 5 | 4 | 5 |
| Udi's® Gluten Free Bread (2 Slices) | 140 | 35 | 3.5 | 0 | 0 | 0 | 250 | 22 | 3 | 1 | 3 |
| Brown Rice Wrap | 130 | 25 | 2.5 | 0 | 0 | 0 | 160 | 24 | 0 | 2 | 2 |
| Rice Noodles (3 oz) | 90 | 0 | 0 | 0 | 0 | 0 | 15 | 21 | 0 | 0 | 0 |
| San-J® Tamari Sauce (2 packets) | 10 | 0 | 0 | 0 | 0 | 0 | 940 | <1g | 0 | 0 | 2 |

For 20oz fountain beverages multiply 16oz numbers by 1.25 and for 32oz fountain beverages multiply 16oz numbers by 2.

FOUNTAIN BEVERAGES

| | | | | | | | | | | | |
|-------------------------------------|-----|---|---|---|---|---|-----|----|----|----|---|
| Pepsi (16 fl oz) (GF) | 185 | 0 | 0 | 0 | 0 | 0 | 44 | 50 | 0 | 50 | 0 |
| Diet Pepsi (16 fl oz) (GF) | 0 | 0 | 0 | 0 | 0 | 0 | 60 | 0 | 0 | 0 | 0 |
| Lemon Lime Gatorade (16 fl oz) (GF) | 105 | 0 | 0 | 0 | 0 | 0 | 215 | 28 | 28 | 0 | 0 |
| Mountain Dew (16 fl oz) (GF) | 230 | 0 | 0 | 0 | 0 | 0 | 80 | 60 | 0 | 60 | 0 |
| Diet Mountain Dew (16 fl oz) (GF) | 0 | 0 | 0 | 0 | 0 | 0 | 65 | 0 | 0 | 0 | 0 |
| Sierra Mist (16 fl oz) (GF) | 200 | 0 | 0 | 0 | 0 | 0 | 50 | 52 | 0 | 52 | 0 |

COFFEE

| | | | | | | | | | | | |
|-----------------------------------|---|---|---|---|---|---|----|---|---|---|---|
| City Kid Java Coffee (12 oz) (GF) | 5 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 |
| City Kid Java Coffee (16 oz) (GF) | 5 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 1 |

Important note on GF items: These items have no gluten-containing ingredients. However, despite our best efforts to prevent cross-contamination, we do not have a dedicated gluten free kitchen and cannot guarantee items produced are 100% gluten free. When you ask us to prepare a dish gluten-free, please know we'll do our best to accommodate your request. Most any item can be made to fit your dietary accommodation. Certified gluten-free wraps, buns, noodles and bread are available. Items can also be served without a bun or on a lettuce leaf.

A Registered Dietitian compiled this information from Food Service Management System, the USDA Nutrient Database for Standard Reference and nutrition information from manufacturers. Last updated July 2015.