



## NUTRITIONAL INFORMATION

<b>BURGERS</b>	Calories	Cals from Fat	Total Fat	Sat Fat	Trans Fat	Cholest.	Sodium	Total Carb	Fiber	Sugars	Protein
Special Sauce w/Cheddar	410	140	16	2	0	0	1010	46	7	6	21
Special Sauce w/Swiss	430	160	18	4	0	0	1090	46	7	6	21
Classic w/meaty patty	360	110	12	0	0	0	930	42	7	7	21
Classic w/Beyond Burger Patty	510	260	29	5	0	0	1220	41	7	6	26
SoCal	480	170	19	1	0	0	550	64	11	6	17
Sausage Bacon w/Cheddar	600	260	29	7	0	0	980	49	7	7	36
Sausage Bacon w/Swiss	620	270	30	9	0	0	1060	50	7	7	36
Spicy Bean	430	120	13	1	0	0	950	60	12	6	15
Signature w/Cheddar	480	180	20	3	0	0	690	60	11	8	14
Signature w/Swiss	500	190	21	5	0	0	770	61	11	8	14
All American w/Cheddar	540	140	16	3	0	0	970	49	7	6	31
All American w/Swiss	560	160	18	5	0	0	1050	49	7	6	31
Mexicali	470	180	20	2	0	0	680	61	14	6	16
Bleu BBQ	420	140	15	1	0	0	610	58	9	10	18
Quinoa w/Cheddar	460	140	16	3	0	0	600	64	9	7	17
Quinoa w/Swiss	480	150	17	4	0	0	680	64	9	7	17
Animal w/Cheddar	1250	530	59	19	0	0	2030	107	16	18	72
Animal w/Swiss	1330	590	65	26	0	0	2350	109	14	18	70

<b>EXTRAS</b>	Calories	Cals from Fat	Total Fat	Sat Fat	Trans Fat	Cholest.	Sodium	Total Carb	Fiber	Sugars	Protein
Avocado	50	50	5	1	0	0	2	3	2	0	1
Jalapenos	10	0	0	0	0	0	440	1	0	0	0
Sauteed Mushrooms	30	30	3	1	0	0	90	1	0	1	1
Tempeh Bacon	60	30	3	0	0	0	80	2	0	0	5
Grilled Onions	60	0	0	0	0	0	0	8	2	4	1
Roasted Garlic	50	10	1	0	0	0	5	9	1	0	2
Guacamole	45	40	4	1	0	0	120	3	2	0	1
Cheddar Style Cheese	40	30	3	2	0	0	100	4	1	0	1
Swiss Style Cheese	60	50	5	4	0	0	180	4	0	0	0
Gluten Free Bun	210	50	5	1	0	0	320	42	3	6	1

<b>SIDES</b>	Calories	Cals from Fat	Total Fat	Sat Fat	Trans Fat	Cholest.	Sodium	Total Carb	Fiber	Sugars	Protein
Three Bean Chili	130	20	2	0	0	0	230	23	7	4	7
Sauteed Kale	80	50	5	1	0	0	125	7	1	0	3
Side Salad, no dressing	60	30	3	0	0	0	25	6	3	2	2
Side Salad, Blue Cheese dressing	270	210	23	0	0	0	230	2	0	0	2
Side Salad, Ranch dressing	260	190	21	0	0	0	270	2	0	0	2
Side Salad, Balsamic Vinaigrette dressing	270	160	18	2	0	0	290	9	0	6	2
Side Salad, Avocado Lemon dressing	90	50	5	0	0	0	200	10	5	4	2

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# FRIES

	Calories	Cals from Fat	Total Fat	Sat Fat	Trans Fat	Cholest.	Sodium	Total Carb	Fiber	Sugars	Protein
Crinkle Cut French Fries, Baked	420	0	0	0	0	0	410	76	6	3	6
Crinkle Cut French Fries, Fried	590	170	19	3	0	0	410	76	6	3	6
Crinkle Cuts, Baked, Small	210	0	0	0	0	0	200	38	3	2	3
Crinkle Cuts, Fried, Small	300	90	10	2	0	0	200	38	3	2	3
Crinkle Cuts, Baked, Special Style	670	210	23	5	0	0	790	91	8	5	8
Crinkle Cuts, Fried, Special Style	840	380	42	8	0	0	790	91	8	5	8
Crinkle Cuts, Baked, Chili Cheese Style	600	60	7	5	0	0	780	102	12	6	12
Crinkle Cuts, Fried, Chili Cheese Style	770	230	26	8	0	0	780	102	12	6	12
Crinkle Cuts, Baked, Spicy Style	660	160	18	5	0	0	1240	90	9	3	9
Crinkle Cuts, Fried, Spicy Style	830	330	37	8	0	0	1240	90	9	3	9
Crinkle Cuts, Baked, Bleu BBQ Style	760	240	27	6	0	0	960	91	7	5	17
Crinkle Cuts, Fried, Bleu BBQ Style	930	410	46	9	0	0	960	91	7	5	17
Tater Tots, Baked	500	210	23	2	0	0	1430	68	7	3	7
Tater Tots, Fried	750	460	51	6	0	0	1430	68	7	3	7
Tater Tots, Baked, Small	250	100	12	1	0	0	720	34	4	2	4
Tater Tots, Fried, Small	380	230	26	3	0	0	720	34	4	2	4
Tater Tots, Baked, Special Style	750	410	46	7	0	0	1810	83	9	5	9
Tater Tots, Fried, Special Style	1000	670	74	11	0	0	1810	83	9	5	9
Tater Tots, Baked, Chili Cheese Style	680	270	30	7	0	0	1800	94	13	6	13
Tater Tots, Fried, Chili Cheese Style	930	520	58	11	0	0	1800	94	13	6	13
Tater Tots, Baked, Spicy Style	740	370	41	7	0	0	2260	82	10	3	10
Tater Tots, Fried, Spicy Style	990	610	69	11	0	0	2260	82	10	3	10
Tater Tots, Baked, Bleu BBQ Style	840	450	50	8	0	0	1980	83	8	5	18
Tater Tots, Fried, Bleu BBQ Style	1090	700	78	12	0	0	1980	83	8	5	18
Sweet Potato French Fries, Baked	330	110	12	2	0	0	660	55	9	24	3
Sweet Potato French Fries, Fried	500	280	31	5	0	0	660	55	9	24	3
Sweet Potato, Baked, Small	170	50	6	2	0	0	330	28	5	12	2
Sweet Potato, Fried, Small	250	140	16	3	0	0	330	28	5	12	2
Sweet Potato, Baked, Special Style	580	320	35	7	0	0	1040	70	11	26	5
Sweet Potato, Fried, Special Style	750	490	54	10	0	0	1040	70	11	26	5
Sweet Potato, Baked, Chili Cheese Style	510	170	19	7	0	0	1030	81	15	27	9
Sweet Potato, Fried, Chili Cheese Style	680	340	38	10	0	0	1030	81	15	27	9
Sweet Potato, Baked, Spicy Style	770	270	30	7	0	0	1490	69	12	24	6
Sweet Potato, Fried, Spicy Style	940	440	49	10	0	0	1490	69	12	24	6
Sweet Potato, Baked, Bleu BBQ Style	670	350	39	8	0	0	1210	70	10	26	14
Sweet Potato, Fried, Bleu BBQ Style	840	520	58	11	0	0	1210	70	10	26	14

# SHAKES

	Calories	Cals from Fat	Total Fat	Sat Fat	Trans Fat	Cholest.	Sodium	Total Carb	Fiber	Sugars	Protein
Reg. Vanilla, soy	700	70	8	1	0	0	620	143	4	99	15
Reg. Vanilla, coconut	1030	660	73	68	0	0	140	86	0	78	0
Small Vanilla, soy	390	40	4	1	0	0	350	81	2	55	9
Small Vanilla, coconut	590	380	42	39	0	0	80	49	0	44	0
Reg. Chocolate, soy	840	100	11	3	0	0	670	176	10	113	19

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## SHAKES (CONTINUED)

	Calories	Cals from Fat	Total Fat	Sat Fat	Trans Fat	Cholest.	Sodium	Total Carb	Fiber	Sugars	Protein
Reg. Chocolate, coconut	1160	680	76	70	0	0	190	118	6	92	4
Small Chocolate, soy	470	50	6	1	0	0	380	97	5	62	11
Small Chocolate, coconut	660	400	44	40	0	0	110	65	3	51	2
Reg. Banana, soy	730	70	8	1	0	0	620	157	6	100	16
Reg. Banana, coconut	1050	660	73	68	0	0	140	100	2	79	1
Small Banana, soy	410	40	4	0	0	0	350	88	3	161	20
Small Banana, coconut	600	380	42	39	0	0	80	56	1	45	1
Reg. Peanut Butter, soy	890	220	24	4	0	0	620	149	6	95	25
Reg. Peanut Butter, coconut	1240	800	89	71	0	0	140	92	2	80	9
Small Peanut Butter, soy	500	110	12	2	0	0	350	84	3	53	14
Small Peanut Butter, coconut	700	450	50	41	0	0	80	52	1	45	5
Reg. Orange Cream, soy	690	50	6	1	0	0	570	151	3	100	13
Reg. Orange Cream, coconut	940	530	59	56	0	0	100	93	0	86	1
Small Orange Cream, soy	390	30	3	0	0	0	320	86	2	57	8
Small Orange Cream, coconut	540	310	34	32	0	0	60	53	0	49	1
Reg. Coffee, soy	660	50	6	1	0	0	580	141	3	92	12
Reg. Coffee, coconut	900	530	59	56	0	0	110	89	0	78	0
Small Coffee, soy	370	30	3	0	0	0	320	80	2	52	7
Small Coffee, coconut	520	310	34	32	0	0	60	50	0	44	0
Reg. Brownie Explosion, soy	770	110	12	2	0	0	700	154	5	100	16
Reg. Brownie Explosion, coconut	1090	690	77	69	0	0	220	97	1	79	1
Small Brownie Explosion, soy	430	50	6	1	0	0	390	87	3	56	27
Small Brownie Explosion, coconut	620	400	44	40	0	0	120	55	1	45	1
Reg. Cookies N' Cream, soy	770	100	11	2	0	0	630	157	6	100	17
Reg. Cookies N' Cream, coconut	1120	680	76	69	0	0	150	106	2	85	2
Small Cookies N' Cream, soy	430	50	6	1	0	0	360	88	3	56	10
Small Cookies N' Cream, coconut	630	400	44	40	0	0	90	59	1	48	1
Reg. Salted Caramel & Peanut, soy	950	250	28	8	0	0	900	170	6	106	22
Reg. Salted Caramel & Peanut, coconut	1270	840	93	75	0	0	420	110	2	85	7
Small Salted Caramel & Peanut, soy	520	130	14	3	0	0	490	93	3	59	13
Small Salted Caramel & Peanut, coconut	710	470	52	42	0	0	220	61	1	48	4
Reg. Mocha Joe, soy	820	80	9	3	0	0	630	173	9	112	16
Reg. Mocha Joe, coconut	1040	560	62	58	0	0	160	115	6	92	4
Small Mocha Joe, soy	450	50	5	1	0	0	350	96	5	62	9
Small Mocha Joe, coconut	580	320	36	33	0	0	90	63	3	51	2
Reg. Dark Chocolate PB Cup, soy	970	260	29	7	0	0	620	158	7	102	25
Reg. Dark Chocolate PB Cup, coconut	1290	850	94	74	0	0	140	101	3	81	10
Small Dark Chocolate PB Cup, soy	530	140	15	3	0	0	350	89	4	57	14
Small Dark Chocolate PB Cup, coconut	720	480	53	42	0	0	82	57	2	46	5
Reg. Mint Chocolate Chip, soy	890	160	18	7	0	0	620	161	6	107	17
Reg. Mint Chocolate Chip, coconut	1210	750	83	74	0	0	140	104	2	86	2
Small Mint Chocolate Chip, soy	490	80	9	3	0	0	350	90	3	59	10
Small Mint Chocolate Chip, coconut	680	420	47	42	0	0	82	58	1	48	1

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<b>HOTDOGS</b>	Calories	Cals from Fat	Total Fat	Sat Fat	Trans Fat	Cholest.	Sodium	Total Carb	Fiber	Sugars	Protein
Next Level Dog	390	135	15	2	0	0	940	33	8	6	30
Chili Cheese Dog	580	200	22	11	0	0	1420	62	14	8	37

<b>SALADS</b>	Calories	Cals from Fat	Total Fat	Sat Fat	Trans Fat	Cholest.	Sodium	Total Carb	Fiber	Sugars	Protein
Next Level Cobb, no dressing	370	200	22	0	0	0	46	28	13	4	17
Next Level Cobb, blue cheese dressing	790	610	68	0	0	0	510	32	13	4	17
Next Level Cobb, ranch dressing	770	610	68	0	0	0	510	32	13	4	17
Next Level Cobb, balsamic vinaigrette	790	520	58	3	0	0	620	46	13	16	17
Next Level Cobb, avocado lemon dressing	420	225	25	0	0	0	310	34	16	7	17
Avo Citrus Kale Salad	290	110	12	1	0	0	330	36	10	6	11

<b>SANDWICHES</b>	Calories	Cals from Fat	Total Fat	Sat Fat	Trans Fat	Cholest.	Sodium	Total Carb	Fiber	Sugars	Protein
Next Level BLT-A	770	440	49	3	0	0	860	53	16	4	35
Garden Style Grilled Cheese w/cheddar	410	180	20	6	0	0	590	48	13	4	15
Garden Style Grilled Cheese w/swiss	450	200	22	10	0	0	750	50	12	4	14

<b>KIDS MEALS</b>	Calories	Cals from Fat	Total Fat	Sat Fat	Trans Fat	Cholest.	Sodium	Total Carb	Fiber	Sugars	Protein
Burger Combo Meal	490	80	9	0	0	0	810	100	10	14	13
Kid Burger	320	50	5	0	0	0	600	57	8	6	11
Hot Dog Combo Meal	500	120	13	0	0	0	1100	70	9	14	32
Kid Hot Dog	330	80	9	2	0	0	890	30	7	6	30
Grilled Cheese Combo Meal	450	120	13	3	0	0	690	82	11	10	15
Kid Grilled Cheese	280	80	9	3	0	0	480	38	9	2	13
Almond Butter and Jelly Combo Meal	520	150	17	1	0	0	580	89	12	19	17
Kid Almond Butter and Jelly	350	120	13	1	0	0	370	45	10	11	15
Peanut Butter and Jelly Combo Meal	530	140	16	2	0	0	580	89	11	19	19
Kid Peanut Butter and Jelly	360	110	12	2	0	0	370	45	9	11	17

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