



# NUTRITIONAL INFORMATION

GLUTEN FREE **GF**

LOW CARB **LC**

VEGETARIAN **V**



<b>SANDWICHES</b>	Calories	Fat Cals	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Protein (g)	Allergens
Original Roast Beef	310	110	12	3.5	0	50	490	28	1	22	WHEAT
Large Roast Beef	410	130	15	4.5	0	75	540	34	1	31	WHEAT
King Roast Beef	440	160	18	6	0	105	540	28	1	39	WHEAT
Original Turkey	250	60	7	1	0	35	990	28	1	20	WHEAT
Large Turkey	320	70	8	1	0	50	1310	34	1	28	WHEAT
King Turkey	320	70	8	1	0	70	1660	28	1	36	WHEAT
Original Ham	280	80	9	3	0	35	1200	30	1	18	WHEAT
Large Ham	350	100	11	4	0	55	1620	37	1	25	WHEAT
King Ham	370	120	13	5	0	75	2080	32	1	31	WHEAT
French Dip	615	120	13	4	0	75	1084	86	2	38	EGG • MILK • SOY • WHEAT
Italian Beef	710	200	22	3.5	0	75	1740	87	2	38	EGG • MILK • SOY • WHEAT
Hot Dog	440	280	32	11	1.5	40	1020	27	1	14	WHEAT
Cluckin' Chicken Tender Sandwich	740	260	29	6	0	95	1310	80	1	42	EGG • WHEAT
Chili Dog	490	300	34	12	1.5	50	1250	31	2	17	WHEAT
Chili Cheese Dog	530	320	36	12	1.5	50	1530	34	2	17	MILK • WHEAT
Toasted Cheese <b>V</b>	470	210	23	10	0	50	1390	43	1	19	MILK • SOY • WHEAT



<b>SIDES</b>	Calories	Fat Cals	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Protein (g)	Allergens
Original Natural-Cut Fries <b>V GF</b>	210	100	12	2	0	0	390	25	2	2	
Large Natural-Cut Fries <b>V GF</b>	280	120	14	3	0	0	560	35	3	3	
Original Cheese Fries <b>V GF</b>	340	180	20	2.5	0	0	1370	35	2	4	MILK
Large Cheese Fries <b>GF</b>	410	200	23	3.5	0	0	1540	46	3	5	MILK
Original Chili Cheese Fries <b>GF</b>	300	140	16	3	0	10	910	32	3	6	MILK
House-made Chips <b>V GF</b>	290	130	15	3.5	0	0	1930	39	4	4	
Baked Potato <b>V GF</b>	270	0	0	0	0	0	15	59	3	6	
Baked Potato with Bacon <b>GF</b>	420	80	9	3	0	30	1005	61	3	21	
Baked Potato with Broccoli <b>V GF</b>	280	0	0	0	0	0	25	61	4	7	
Baked Potato with Chili <b>GF</b>	320	20	2	1	0	10	255	63	4	9	
Baked Potato with Cheddar <b>GF</b>	340	45	5	0	0	0	575	65	3	7	MILK
Baked Potato with Shredded Cheddar <b>GF</b>	410	100	11	7	0	35	225	59	3	14	MILK
White Cheddar Mac n' Cheese <b>V</b>	380	150	17	6	0	30	730	41	2	14	MILK • WHEAT
Veggie Sticks <b>LC V GF</b>	40	5	0	0	0	0	130	8	4	2	
Coleslaw <b>V GF</b>	230	150	16	2	0	20	400	18	3	1	
Steamed Broccoli <b>LC V GF</b>	30	5	0	0	0	0	30	6	3	3	



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<b>CHILI &amp; SOUP</b>	Calories	Fat Cals	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Protein (g)	Allergens
Chili, Cup <b>GF</b>	160	60	7	2.5	0	25	770	14	4	10	
Chili, Bowl <b>GF</b>	270	110	12	4	0	40	1280	23	6	16	
Broccoli Cheddar Soup, Cup	230	140	15	9	0	50	750	13	0	8	MILK • WHEAT
Broccoli Cheddar Soup, Bowl	280	170	19	12	0	65	940	17	0	10	MILK • WHEAT
French Bread <b>V</b>	120	5	0	0	0	0	260	26	1	4	EGG • MILK • SOY • WHEAT



<b>SALADS</b>	Calories	Fat Cals	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Protein (g)	Allergens
Butcher Block Cobb Salad <b>LC GF</b>	800	600	67	15	0	80	2000	9	3	28	MILK
Side Salad <b>LC V GF</b>	30	0	0	0	0	0	75	5	2	2	



<b>CUB MEAL</b>	Calories	Fat Cals	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Protein (g)	Allergens
Cub Roast Beef	180	60	7	2	0	25	280	20	1	11	WHEAT
Cub Turkey	150	40	5	1	0	15	480	17	1	10	WHEAT
Cub Ham	160	50	6	1.5	0	15	580	18	1	9	WHEAT
Cub Fries <b>V GF</b>	120	50	6	1	0	0	220	14	1	1	
Cub Mac n' Cheese <b>V</b>	190	80	9	3	0	15	370	21	1	7	MILK • WHEAT
Chicken Tender (single tender) <b>GF</b>	190	45	5	1	0	40	290	20	0	17	
2% Milk - 8oz <b>V GF</b>	130	45	5	3	0	20	130	12	0	8	MILK
Chocolate Milk - 8oz <b>V GF</b>	130	0	0	0	0	5	190	21	0	8	MILK
Apple Juice Carton <b>V GF</b>	100	0	0	0	0	0	10	23	0	0	



<b>LIMITED TIME ONLY</b>	Calories	Fat Cals	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Protein (g)	Allergens
Cluckin' Hot Chicken Tender Sandwich	790	290	32	6	0	100	3100	84	1	42	EGG • WHEAT • MILK
Triple Chocolate Cookie Sandwich <b>V</b>	530	150	16	9	0	40	500	89	4	8	EGG • WHEAT • SOY • MILK
Crispy Cod Sandwich	407	77	15	3	0	38	848	45	2	19	EGG • FISH • WHEAT • SOY • MILK
Meatball Sub <b>V</b>	470	180	20	20	0	30	1300	54	6	26	WHEAT • SOY • MILK



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<b>SWEET TREATS</b>	Calories	Fat Cals	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Protein (g)	Allergens
Vanilla Custard Mini Cone <b>V</b>	100	40	4.5	2.5	0	20	65	14	0	3	EGG • MILK • SOY • WHEAT
Vanilla Custard Large Cone <b>V</b>	330	130	14	9	0	70	180	43	0	7	EGG • MILK • SOY • WHEAT
Chocolate-Dipped Vanilla Custard Mini Cone <b>V</b>	170	80	8	6	0	20	85	20	0	5	EGG • MILK • SOY • WHEAT
Chocolate-Dipped Vanilla Custard Large Cone <b>V</b>	420	200	23	16	0	70	170	47	1	8	EGG • MILK • SOY • WHEAT
Dish of Frozen Custard <b>V GF</b>	290	130	14	9	0	70	160	36	0	6	EGG • MILK
Vanilla Concrete - Original <b>V GF</b>	410	180	20	12	0.5	100	230	50	0	8	EGG • MILK
Vanilla Concrete - Large <b>V GF</b>	730	320	36	22	1	175	410	90	0	15	EGG • MILK
Chocolate Concrete - Original <b>V GF</b>	480	180	20	12	0.5	100	235	66	1	9	EGG • MILK
Chocolate Concrete - Large <b>V GF</b>	870	320	36	22	1	175	420	123	1	16	EGG • MILK
Strawberry Concrete - Original <b>V GF</b>	450	180	20	12	0.5	100	230	60	1	8	EGG • MILK
Strawberry Concrete - Large <b>V GF</b>	810	320	36	22	1	175	420	110	2	15	EGG • MILK
Chocolate Chip Concrete - Original <b>V GF</b>	600	330	37	27	0.5	100	230	61	2	9	EGG • MILK
Chocolate Chip Concrete - Large <b>V GF</b>	1120	620	70	52	1	175	410	111	4	17	EGG • MILK
M&M Concrete - Original <b>V GF</b>	630	250	28	17	0.5	100	255	81	2	10	EGG • MILK
M&M Concrete - Large <b>V GF</b>	1150	460	52	32	1	175	460	153	3	18	EGG • MILK
Oreo Concrete - Original <b>V</b>	610	250	28	14.5	0.5	100	400	81	2	10	EGG • MILK • WHEAT
Oreo Concrete - Large <b>V</b>	1140	460	52	26.5	1	175	740	153	3	18	EGG • MILK • WHEAT
Orange Concrete - Original <b>V GF</b>	410	180	20	12	0.5	100	230	50	0	8	EGG • MILK
Orange Concrete - Large <b>V GF</b>	730	320	36	22	1	175	410	90	0	15	EGG • MILK
Vanilla Shake - Original <b>V GF</b>	580	170	19	12	0.5	60	560	90	0	13	MILK
Vanilla Shake - Large <b>V GF</b>	720	210	23	15	0.5	75	700	112	0	17	MILK
Chocolate Shake - Original <b>V GF</b>	650	170	19	12	0.5	60	560	106	1	14	MILK
Chocolate Shake - Large <b>V GF</b>	810	210	23	15	0.5	75	700	133	1	17	MILK
Strawberry Shake - Original <b>V GF</b>	620	170	19	12	0.5	60	560	100	1	13	MILK
Strawberry Shake - Large <b>V GF</b>	780	210	23	15	0.5	75	700	125	1	17	MILK
Orange Freeze - Original <b>V GF</b>	600	170	19	12	0.5	60	560	96	0	13	MILK
Orange Freeze - Large <b>V GF</b>	770	210	23	15	0.5	75	710	125	0	17	MILK
Root Beer Float - Original <b>V GF</b>	360	90	10	6	0	50	190	70	0	4	EGG • MILK
Root Beer Float - Large <b>V GF</b>	420	100	11	7	0	55	210	79	0	4	EGG • MILK
Hot Fudge Sundae <b>V</b>	440	170	19	13	0	65	230	58	2	7	EGG • MILK • SOY
Chocolate Sundae <b>V GF</b>	410	120	13	8	0	65	160	67	1	7	EGG • MILK
Strawberry Sundae <b>V GF</b>	360	120	13	8	0	65	160	54	2	6	EGG • MILK
Chocolate Chunk Cookie <b>V</b>	200	100	11	6	0	10	115	25	1	2	EGG • MILK • SOY • WHEAT
Triple Chocolate Cookie <b>V</b>	180	40	5	2	0	0	200	34	2	2	EGG • WHEAT • SOY • MILK
Sugar Cookie <b>V</b>	190	80	9	3	0	10	150	25	0	2	EGG • MILK • SOY • WHEAT



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<b>CUSTOMIZATION</b>	Calories	Fat Cals	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Protein (g)	Allergens
Swiss Cheese <b>LC V GF</b>	90	60	7	4	0	25	430	0	0	6	MILK
Cheddar Cheese <b>LC V GF</b>	35	25	2.5	0	0	0	280	3	0	0	MILK
Pepper Jack Cheese <b>LC V GF</b>	70	50	6	3.5	0	20	120	0	0	5	MILK
Provel Cheese <b>LC V GF</b>	50	45	5	3	0	15	60	1	0	3	MILK
Au Jus <b>LC V</b>	5	0	0	0	0	0	290	1	0	0	SOY • WHEAT
French Dip Au Jus <b>LC V</b>	5	160	18	6	0	0	360	1	0	0	SOY • WHEAT
Giardiniera - Mild <b>V GF</b>	120	110	12	2	0	0	800	2	2	0	
Giardiniera - Hot <b>V GF</b>	120	110	12	2	0	0	800	2	2	0	
Caesar Dressing <b>GF</b>	310	280	31	6	0	30	790	6	0	3	EGG • FISH • MILK • SOY
Bistro Dressing <b>V GF</b>	260	230	26	4	0	0	430	7	0	0	
Gluten Free Bun <b>GF</b>	210	35	4	0	0	0	510	40	1	4	EGG
Wheat Bun <b>V</b>	230	35	4	1	0	0	350	40	4	9	WHEAT
No Bun (Original or King)	-160	-27	-3	-1	0	0	-310	-28	-1	-5	
No Bun (Large)	-192	x	-3	-1	0	0	-325	-35	-1	-6	
No Butter (Original or King)	-23	-3	-3	-1	0	0	-11	0	0	0	
No Butter (Large)	-23	-3	-3	-1	0	0	-12	0	0	0	
No Seasoning (Original or King)	-1	0	0	0	0	0	-127	0	0	0	
No Seasoning (Large)	-1	0	0	0	0	0	-136	0	0	0	
Horseradish <b>LC V GF</b>	40	35	3.5	0.5	0	5	60	0	0	0	EGG
Chipotle Ranch <b>LC V GF</b>	50	50	6	1	0	5	150	1	0	0	EGG • MILK
Sweet 'n Smoky BBQ <b>LC V GF</b>	25	0	0	0	0	0	100	5	0	0	
Tangy BBQ <b>LC V GF</b>	20	0	0	0	0	0	160	0	0	0	
Honey Mustard <b>LC</b>	25	0	0	0	0	0	110	2	0	0	EGG • FISH • MILK • SOY • TREE NUTS • WHEAT
Ketchup <b>LC V GF</b>	15	0	0	0	0	0	125	4	0	0	