

Fast Food Nutrition

Living The Good Life





Sandwiches

Arby's Melt	330 Calories	12g Fat	39g Carbs	18g Protein
Arby Q Sandwich	400 calories	11g Fat	58g Carbs	18g Protein
Arbinator Classic	560 Calories	25g Fat	58g Carbs	25g Protein
Arbinator Double	710 Calories	35g Fat	59g Carbs	40g Protein
Arbinator ½ pound	810 Calories	42g Fat	60g Carbs	51g Protein
Bacon 'n Brisket Beef 'n Cheddar	760 Calories	41g Fat	47g Carbs	51g Protein
Bacon Beef 'n Cheddar	520 Calories	25g Fat	46g Carbs	28g Protein
Beef 'n Cheddar Classic	450 Calories	20g Fat	45g Carbs	23g Protein
Beef 'n Cheddar Mid	560 Calories	27g Fat	45g Carbs	33g Protein
Beer Braised Beef Sandwich	590 Calories	23g Fat	64g Carbs	33g Protein
Beer Cheese 'N Double Beef	770 Calories	37g Fat	64g Carbs	45g Protein
Beer Cheese Triple Stack	710 Calories	31g Fat	65g Carb	44g Protein
Bourbon BBQ Barrel Stack	880 Calories	43g Fat	66g Carbs	59g Protein
Bourbon BBQ Brisket Sandwich	650 Calories	33g Fat	51g Carbs	38g Protein
Bourbon BBQ Turkey Sandwich	510 Calories	19g Fat	51g Carbs	33g Protein
Buttermilk Buffalo Chicken Sandwich	500 Calories	23g Fat	49g Carbs	24g Protein



Buttermilk Chicken Bacon & Swiss	610 Calories	30g Fat	51g Carbs	35g Protein
Buttermilk Chicken Cordon Bleu Sandwich	660 Calories	34g Fat	49g Carbs	38g Protein
Buttermilk Crispy Chicken Sandwich	510 Calories	25g Fat	48g Carbs	24g Protein
Chicken Bacon & Swiss – Roast	480 Calories	20g Fat	43g Carbs	31g Protein
Chicken Cordon Bleu – Roast	500 Calories	22g Fat	40g Carbs	35g Protein
Classic French Dip & Swiss/Au Jus	540 Calories	22g Fat	51g Carbs	34g Protein
Classic Roast Beef	360 Calories	14g Fat	37g Carbs	23g Protein
Cravin' Chicken Sandwich - Roasted	380 Calories	12g Fat	42g Carbs	24g Protein
Cravin' Chicken Sandwich – Crispy	510 Calories	22g Fat	51g Carbs	26g Protein
Crispy Fish Sandwich Nutrition	570 Calories	25g Fat	65g Carbs	20g Protein
Double Roast Beef	510 Calories	24g Fat	38g Carbs	38g Protein
Fire-Roasted Philly Steak	630 Calories	35g Fat	45g Carbs	34g Protein
Fish 'n Cheddar Sandwich	540 Calories	22g Fat	65g Carbs	22g Protein
Garlic Butter Steak Sandwich	520 Calories	24g Fat	42g Carbs	33g Protein
Grand Turkey Club	480 Calories	23g Fat	38g Carbs	31g Protein
Greek Gyro	710 Calories	44g Fat	55g Carbs	23g Protein
Half Pound Beef 'n Cheddar	740 Calories	39g Fat	48g Carbs	49g Protein
Half Pound French Dip & Swiss	740 Calories	45g Fat	52g Carbs	55 Protein



Half Pound Roast Beef Sandwich	610 Calories	30g Fat	38g Carbs	48g Protein
Ham & Swiss Melt	300 Calories	8g Fat	37g Carbs	18g Protein
KING'S HAWAIIAN Fish Deluxe Sandwich	690 Calories	34g Fat	74g Carbs	25g Protein
Loaded Italian Sandwich	680 Calories	39g Fat	49g Carbs	32g Protein
Prime Cut Chicken Tenders - 3 Pieces	360 Calories	17g Fat	28g Carbs	23g Protein
Reuben Sandwich	680 Calories	31g Fat	62g Carbs	37g Protein
Roast Beef Gyro	550 Calories	29g Fat	48g Carbs	24g Protein
Roast Chicken Club	460 Calories	19g Fat	42g Carbs	30g Protein
Roast Turkey & Swiss Sandwich	710 Calorie	28g Fat	79g Carbs	38g Protein
Roast Turkey & Swiss Wrap	520 Calories	27g Fat	39g Carbs	30g Protein
Roast Turkey - Ranch & Bacon Sandwich	800 Calories	34g Fat	79g Carbs	45g Protein
Roast Turkey - Ranch & Bacon Wrap	620 Calories	34g Fat	39g Carbs	37g Protein
Smokehouse Brisket	600 Calories	35g Fat	42g Carbs	33g Protein
Steak & Bacon Melt Sandwich	640 Calories	42g Fat	48g Carbs	38g Protein
Super Roast Beef	440 Calories	19g Fat	44g Carbs	23g Protein
Three Cheese Roast Beef Sandwich	710 Calories	41g Fat	49g Carbs	36g Protein
Turkey Gyro	470 Calories	20g Fat	48 Carbs	25g Protein





Sliders

Buffalo Chicken Slider	290 Calories	13g Fat	31g Carbs	12g Protein
Chicken Tender 'n Cheese Slider	290 Calories	12g Fat	30g Carbs	15g Protein
Ham 'n Cheese Slider	210 Calories	8g Fat	21g Carbs	13g Protein
Jalapeno Roast Beef 'n Cheese Slider	240 Calories	11g Fat	21g Carbs	14g Protein
King's Hawaiian BBQ Chicken Slider	250 Calories	8g Fat	34g Carbs	11g Protein
King's Hawaiian Ham Slider	200 Calories	8g Fat	19g Carbs	12g Protein
Pizza Slider	300 Calories	17g Fat	22g Carbs	13g Protein
Roast Beef 'n Cheese Slider	240 Calories	11g Fat	21g Carbs	14g Protein
Turkey 'n Cheese Slider	200 calories	7g Fat	21g Carbs	14 Protein



Breakfast

Bacon & Cheese Croissant	330 Calories	19g Fat	27g Carbs	13g Protein
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Bacon Biscuit	340 Calories	17g Fat	36g Carbs	12g Protein
Bacon, Egg & Cheese Biscuit	480 Calories	29g Fat	38g Carbs	18g Protein
Bacon, Egg & Cheese Croissant	440 Calories	27g Fat	29g Carbs	18g Protein
Bacon, Egg & Cheese Sourdough	490 Calories	23g Fat	46g Carbs	23g Protein
Bacon, Egg & Cheese Wrap	500 Calories	27g Fat	42g Carbs	20g Protein
Chicken Biscuit	390 Calories	18g Fat	44g Carbs	13g Protein
French Toast Sticks	350 Calories	10g Fat	57g Carbs	7g Protein
Ham & Swiss Croissant	340 Calories	17g Fat	29g Carbs	16g Protein
Ham Biscuit	340 Calories	16g Fat	37g Carbs	13g Protein
Ham, Egg & Cheese Biscuit	470 Calories	25g Fat	39g Carbs	21g Protein
Ham, Egg & Cheese Croissant	420 Calories	23g Fat	30g Carbs	21g Protein
Ham, Egg & Cheese Sourdough	470 Calories	19g Fat	47g Carbs	26g Protein
Ham, Egg & Cheese Wrap	440 Calories	22g Fat	42g Carbs	17g Protein
Sausage & Cheese Croissant	490 Calories	35g Fat	28g Carbs	15g Protein
Sausage Biscuit	500 Calories	33g Fat	36g Carbs	12g Protein
Sausage, Gravy Biscuit	480 Calories	28g Fat	48g Carbs	9g Protein
Sausage, Egg & Cheese Biscuit	640 Calories	45g Fat	39g Carbs	20g Protein
Sausage, Egg & Cheese Croissant	590 Calories	44g Fat	30g Carbs	20g Protein
Sausage, Egg & Cheese Sourdough	640 Calories	39g Fat	47g Carbs	25g Protein



Sausage, Egg & Cheese Wrap	630 Calories	41g Fat	42g Carbs	20g Protein
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Salads

Chopped Side Salad	70 Calories	5g Fat	4g Carbs	5g Protein
Crispy Chicken Farmhouse Salad	430 Calories	24g Fat	26g Carbs	28g Protein
Roast Turkey Farmhouse Salad	230 Calories	13g Fat	8g Carbs	22g Protein



Shakes & Desserts

16 oz Andes Mint Chocolate Shake	660 Calories	22g Fat	102 Carbs	14g Protein
Apple Turnover	430 Calories	18g Fat	64g Carbs	4g Protein
Cherry Turnover	390 Calories	13g Fat	64g Carbs	4g Protein
16 oz Chocolate Shake	440 Calories	9g Fat	76g Carbs	12g Protein



Cinnamuffin	280 Calories	13g Fat	37g Carbs	4g Protein
16 oz Jamocha Shake	440 Calories	12g Fat	75 Carbs	11g Protein
16 oz S'mores Shake	660 Calories	20g Fat	108 Carbs	14g Protein
Salted Caramel & Chocolate Cookie	430 Calories	18g Fat	63g Carbs	4g Protein
Triple Chocolate Cookie	450 Calories	21g Fat	60g Carbs	5g Protein
16 oz Vanilla Shake	380 Calories	12g Fat	60g Carbs	11g Protein



Sides & Snacks

Arby's Small Curly Fries	410 Calories	22g Fat	65g Carbs	6g Protein
GoGo SqueeZ Applesauce	60 Calories	0g Fat	15g Carbs	0g Protein
Arby's Small Homestyle Fries	360 Calories	17g Fat	49g Carbs	4g Protein
5 Piece Jalapeno Bites	350 Calories	17g Fat	46g Carbs	5g Protein
Loaded Curly Fries	700 Calories	46g Fat	57g Carbs	14g Protein
4 Piece Mozzarella Sticks	460 Calories	23g Fat	41g Carbs	20g Protein
2 Piece Potato Cakes	250 Calories	14g Fat	23g Carbs	2g Protein
Steakhouse Onion Rings	420 Calories	21g Fat	52g Carbs	6g Protein



White Cheddar Mac 'n Cheese	510 Calories	29g Fat	44g Carbs	20g Protein
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(All Small Scoop Servings)

Baseball Nut Ice Cream	160 Calories	9g Fat	19g Carbs	3g Protein
Candy Mashup Ice Cream	180 Calories	10g Fat	21g Carbs	3g Protein
Caramel Turtle Truffle Ice Cream	120 Calories	5g Fat	24g Carbs	3g Protein
Cherries Jubilee Ice Cream	140 Calories	7g Fat	17g Carbs	2g Protein
Chocolate Almond Ice Cream	170 Calories	11g Fat	16g Carbs	4g Protein
Chocolate Chip Cookie Dough Ice Cream	180 Calories	10g Fat	20g Carbs	3g Protein
Chocolate Chip Ice Cream	150 Calories	10g Fat	15g Carbs	3g Protein
Chocolate Ice Cream	150 Calories	9g Fat	16g Carbs	3g Protein
Cotton Candy Ice Cream	150 Calories	7g Fat	18g Carbs	3g Protein
Daiquiri Ice	70 Calories	0g Fat	16g Carbs	0g Protein
Egg Nog Ice Cream	150 Calories	8g Fat	17g Carbs	3g Protein
Fat-Free Vanilla Frozen Yogurt	80 Calories		16g Carbs	3g Protein



German Chocolate Cake Ice Cream	190 Calories	10g Fat	21g Carbs	4g Protein
Gold Medal Ribbon Ice Cream	150 Calories	8g Fat	18g Carbs	3g Protein
Icing on the Cake Ice Cream	200 Calories	11g Fat	22g Carbs	3g Protein
Jamoca Almond Fudge Ice Cream	160 Calories	9g Fat	17g Carbs	3g Protein
Jamoca Ice Cream	140 Calories	8g Fat	13g Carbs	3g Protein
Jolly Mint Ice Cream	160 Calories	9g Fat	16g Carbs	3g Protein
Key Lime Pie Ice Cream	150 Calories	7g Fat	23g Carbs	3g Protein
Lemon Custard Ice Cream	150 Calories	8g Fat	16g Carbs	3g Protein
Love Potion #31 Ice Cream	150 Calories	9g Fat	19g Carbs	3g Protein
Mango Frozen Yogurt	110 Calories	4g Fat	16g Carbs	3g Protein
Mint Chocolate Chip Ice Cream	160 Calories	10g Fat	14g Carbs	3g Protein
Nutty Coconut Ice Cream	180 Calories	12g Fat	15g Carbs	4g Protein
Old Fashioned Butter Pecan Ice Cream	160 Calories	11g Fat	13g Carbs	3g Protein
Orange Sherbet	80 Calories	2g Fat	17g Carbs	1g Protein
OREO Cookies 'n Cream Ice Cream	160 Calories	9g Fat	17g Carbs	3g Protein
Peanut Butter 'n Chocolate Ice Cream	190 Calories	13g Fat	16g Carbs	5g Protein
Peppermint Ice Cream	170 Calories	9g Fat	19g Carbs	3g Protein
Pineapple Coconut Ice Cream	100 Calories	4g Fat	18g Carbs	3g Protein
Pistachio Almond Ice Cream	170 Calories	12g Fat	13g Carbs	4g Protein



Pralines 'n Cream Ice Cream	170 Calories	9g Fat	20g Carbs	3g Protein
Quarterback Crunch Ice Cream	180 Calories	10g Fat	19g Carbs	3g Protein
Rainbow Sherbet	80 Calories	2g Fat	17g Carbs	1g Protein
Reese's Peanut Butter Cup Ice Cream	180 Calories	11g Fat	17g Carbs	4g Protein
Rocky Road Ice Cream	170 Calories	9g Fat	18g Carbs	4g Protein
Rum Raisin Ice Cream	150 Calories	7g Fat	18g Carbs	3g Protein
Snickers Bar Ice Cream	170 Calories	9g Fat	20 Carbs	4 Protein
Strawberry Cheesecake Ice Cream	160 Calories	8g Fat	18g Carbs	3g Protein
Vanilla Ice Cream	150 Calories	10g Fat	13g Carbs	3g Protein
Very Berry Strawberry Ice Cream	130 Calories	7g Fat	15g Carbs	2g Protein
Watermelon Splash Ice	70 Calories	0g Fat	17g Carbs	0g Protein
Wild 'n Reckless Sherbet	80 Calories	2g Fat	16g Carbs	1g Protein
World Class Chocolate Ice Cream	160 Calories	10g Fat	15g Carbs	3g Protein



**BUFFALO
WILD
WINGS.**
WINGS. BEER. SPORTS.™

Wings

(All servings in small size portions)

Asian Zing Wings	770 Calories	36g Fats	30 Carbs	81g Protein
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Blazin' Wings	750 Calories	44g Fat	4g Carbs	81g Protein
Bourbon Honey Mustard Wings	760 Calories	38g Fat	24g Carbs	81g Protein
Buffalo Wings	655 Calories	36g Fat	1g Carbs	80g Protein
Caribbean Jerk Wings	750 Calories	40g Fat	16g Carbs	81g Protein
Chipotle BBQ Wings	655 Calories	36g Fat	1g Carbs	80g Protein
Desert Heat Wings	655 Calories	36g Fat	1g Carbs	80g Protein
Honey BBQ Wings	750 Calories	36g Fat	26g Carbs	81g Protein
Hot BBQ Wings	700 Calories	39g Fat	7g Carbs	81g Protein
Lemon Pepper Wings	655 Calories	36g Fat	1g Carbs	80g Protein
Mango Habanero Wings	770 Calories	37g Fatt	28g Carbs	80g Protein
Medium Wings	700 Calories	41g Fat	1g Carbs	80g Protein
Mild Wings	730 Calories	43g Fat	3g Carbs	80g Protein
Parmesan Garlic Wings	840 Calories	54g Fat	4g Carbs	82g Protein
Salt & Vinegar Wings	655 Calories	36g Fat	1g Carb	80g Protein
Spicy Garlic Wings	720 Calories	42g Fat	5g Carbs	81g Protein
Sweet BBQ Wings	720 Calories	36g Fat	15g Carbs	81 Protein
Teriyaki Wings	740 Calories	36g Fat	21g Carbs	83 Protein
Thai Curry Wings	860 Calories	57g Fat	6g Carbs	81g Protein
Wild Wings	720 Calories	42g Fat	4g Carbs	80g Protein





Breakfast

Bacon Egg & Cheese Biscuit	500 Calories	27g Fat	44g Carbs	21g Protein
Chick-n-Minis	370 Calories	14g Fat	41g Carbs	21g Protein
Chicken Biscuit	440 Calories	20g Fat	47g Carbs	17g Protein
Chicken Egg & Cheese Bagel	460 Calories	18g Fat	49g Carbs	26g Protein
Egg & Cheese English Muffin Bacon	310 Calories	13g Fat	31g Carbs	16g Protein
Egg & Cheese English Muffin Sausage	550 Calories	36 Fat	32g Carbs	22g Protein
Egg White Grill	300 Calories	7g Fat	31g Carbs	25g Protein
Hash Brown Scramble Bowl	400 Calories	24g Fat	16g Carbs	29g Protein
Hash Brown Scramble Burrito	400 Calories	24g Fat	16g Carbs	29g Protein
Hash Browns	250 Calories	17g Fat	23g Carbs	3g Protein
Hot Buttered Biscuit	310 Calories	14g Fat	41g Carbs	5g Protein
Sausage Egg and Cheese Biscuit	670 Calories	44g Fat	44g Carbs	23g Protein
Spicy Chicken Biscuit	450 Calories	20g Fat	50g Carbs	16g Protein
Sunflower Multigrain Bagel	220 Calories	3g Fat	41g Carbs	7g Protein
Yogurt Parfait w/ Cookie Crumbs	240 Calories	8g Fat	31g Carbs	12g Protein



Yogurt Parfait with Harvest Nut Granola	270 Calories	9g Fat	34g Carbs	13g Protein
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Classic Chicken

Chicken Slider	270 Calories	11g Fat	26g Carbs	16g Protein
Chick-n-Strips 2 Piece	230 Calories	12g Fat	13g Carbs	22g Protein
Deluxe Sandwich	500 Calories	23g Fat	42g Carbs	31g Protein
Chicken Nuggets 4 Piece	130 Calories	6g Fat	5g Carbs	14g Protein
Chicken Sandwich	440 Calories	19g Fat	40g Carbs	28g Protein
Deluxe Fish Sandwich	430 Calories	18g Fat	40 Carbs	28g Protein
Grilled Chicken Club Sandwich	430 Calories	16g Fat	37g Carbs	37g Protein
Grilled Chicken Nuggets 4 Piece	70 Calories	2g Fat	1g Carbs	13g Protein
Grilled Chicken Sandwich	310 Calories	6g Fat	36g Carbs	29g Protein
Grilled Chicken Sub	450 Calories	13g Fat	48g Carbs	34g Protein
Smokehouse BBQ Bacon Sandwich	490 Calories	18g Fat	44g Carbs	38g Protein
Spicy Chicken Sandwich	450 Calories	19g Fat	41g Carbs	29g Protein
Spicy Deluxe	540 Calories	25g Fat	43g Fat	34g Protein



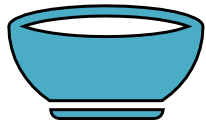


CHIPOTLE

Burritos

MEXICAN GRILL

Barbacoa Burrito Nutrition	460 Calories	16g Fat	46g Carbs	31g Protein
Carnitas Burrito	480 Calories	17g Fat	45g Carbs	34g Protein
Chicken Burrito	480 Calories	16g Fat	45g Carbs	39g Protein
Sofritas Burrito	445 Calories	20g Fat	55g Carbs	15g Protein
Steak Burrito	480 Calories	16g Fat	46g Carbs	37g Protein



Burrito Bowls

Barbacoa Burrito Bowl	170 Calories	7g Fat	2g Carbs	24g Protein
Carnitas Burrito Bowl	190 Calories	8g Fat	1g Carbs	27g Protein
Chicken Burrito Bowl	190 Calories	7g Fat	1g Carbs	32g Protein
Sofritas Burrito Bowl	145 Calories	10g Fat	9g Carbs	8g Protein
Steak Burrito Bowl	190 Calories	7g Fat	2g Carbs	30g Protein





Lifestyle Bowls

Double Protein Salad Bowl	820 Calories	27.5g Fat	71g Carbs	68g Protein
Keto Salad Bowl	585 Calories	42g Fat	14g Carbs	31g Protein
Paleo Salad Bowl	435 Calories	29g Fat	19g Carbs	27g Protein
Whole30 Salad Bowl	490 Calories	34g Fat	18g Carbs	26g Protein

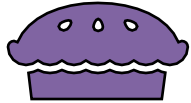


Salads

Salad w/ Barbacoa	180 Calories	7g Fat	4g Carbs	25g Protein
Salad w/ Carnitas	200 Calories	8g Fat	3g Carbs	28g Protein
Salad w/ Chicken	200 Calories	7g Fat	3 Carbs	32g Protein
Salad w/ Sofritas	155 Calories	10g Fat	11g Carbs	9g Protein



Salad w/ Steak	200 Calories	7g Fat	4g Carbs	31g Protein
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Desserts

Chocolate Lava Crunch Cake	350 Calories	17g Fat	47g Carbs	4g Protein
Cinnamon Bread Twists	250 Calories	12g Fat	31g Carbs	5g Protein
Dipped Chocolate Chunk Cookie	380 Calories	18g Fat	55g Carbs	4g Protein
Marbled Cookie Brownie (1 Brownie)	190 Calories	9g Fat	25g Carbs	2g Protein



Pizza



Per 2-3 Slices

6-inch-Deep Dish Pizza	598 Calories	27g Fat	68g Carbs	23g Protein
Lg Hand Tossed Cheese Pizza	374 Calories	11g Fat	55g Carbs	15g protein
Lg Thin Crust Pizza	273 Calories	12g Fat	31g Carbs	12g Protein





FIVE GUYS®

BURGERS and FRIES

Burgers

Bacon Burger	780 Calories	50g Fat	39g Carbs	43g Protein
Bacon Cheeseburger	920 Calories	62g Fat	40 Carbs	51g Protein
Cheeseburger	840 Calories	55g Fat	40g Carbs	47g Protein
Hamburger	700 Calories	43g Fat	33g Carbs	39g Protein
Little Bacon Burger	560 Calories	33g Fat	39g Carbs	27g Protein
Little Bacon Cheeseburger	630 Calories	39g Fat	40g Carbs	26g Protein
Little Cheeseburger	550 Calories	32g Fat	40g Carbs	27g Protein
Little Hamburger	480 Calories	26g Fat	39g Carbs	23g Protein



Bunless Burgers

Bunless Bacon Burger	520 Calories	41g Fat	0g Carbs	36g Protein
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Bunless Bacon Cheeseburger	660 Calories	53g Fat	1g Carbs	44g Protein
Bunless Cheeseburger	580 Calories	46g Fat	1g Carbs	40g Protein
Bunless Hamburger	440 Calories	34g Fat	0g Carbs	32g Protein
Bunless Little Bacon Burger	300 Calories	24g Fat	0g Carbs	20g Protein
Bunless Little Bacon Cheeseburger	370 Calories	30g Fat	0g Carbs	24g Protein
Bunless Little Cheeseburger	290 Calories	23g Fat	0g Carbs	20g Protein
Bunless Little Hamburger	220 Calories	17g Fat	0g Carbs	16g Protein



Fries

Large Cajun Style Fries	953 Calories	41g Fat	131g Carbs	15 Protein
Large Five Guys Style Fries	953 Calories	41g Fat	131 Carbs	15 Protein





Sandwiches

BLT	533 Calories	34g Fat	42g Carbs	16g Protein
Cheese Veggie	510 Calories	21g Fat	61g Carbs	20g Protein
Grilled Cheese	470 Calories	26g Fat	41g Carbs	11g Protein
Veggie Sandwich	440 Calories	15g Fat	60g Carbs	16g Protein



Burgers



Cheeseburger	480 Calories	27g Fat	39g Carbs	22g Protein
Cheeseburger Protein Style	330 Calories	25g Fat	11g Carbs	18 Protein
Double-Double	670 Calories	41g Fat	39g Carbs	37g Protein
Double-Double Protein Style	520 Calories	39g Fat	11g Carbs	33g Protein



Hamburger	390 Calories	19g Fat	39g Carbs	16g Protein
Hamburger Protein Style	240 Calories	17g Fat	11g Carbs	13g Protein



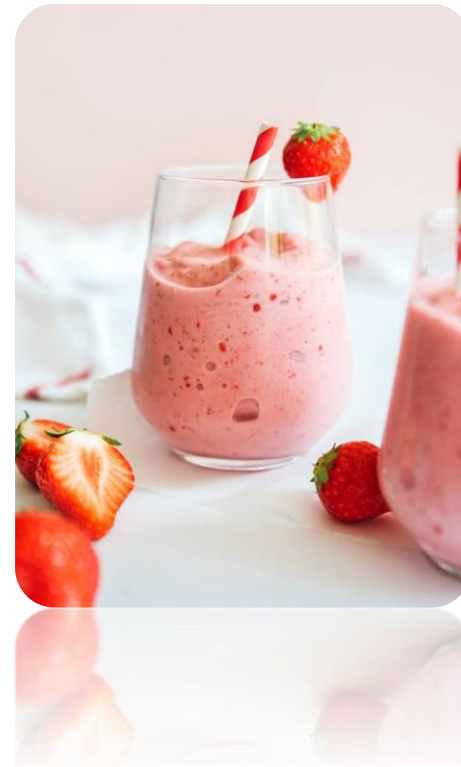
French Fries

Fries	395 Calories	18g Fat	54g Carbs	7g Protein
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Shakes

Chocolate Shake	590 Calories	29g Fat	72g Carbs	10g Protein
Strawberry Shake	590 Calories	27g Fat	81g Carbs	8g Protein
Vanilla Shake	580 Calories	31g Fat	67g Carbs	10g Protein





Sub Sandwiches

(On French Bread)

Beach Club	860 Calories	40g Fat	81g Carbs	45g Protein
Big John	540 Calories	23g Fat	55g Carbs	25g Protein
Billy Club	840 Calories	34g Fat	78g Carbs	47g Protein
Bootlegger Club	710 Calories	24g Fat	76g Carbs	43g Protein
Club Lulu	770 Calories	33g Fat	76g Carbs	41g Protein
Club Tuna	1050 Calories	54g Fat	83g Carbs	86g Protein
Country Club	800 Calories	32g Fat	79g Carbs	47g Protein
Gourmet Smoked Ham Club	810 Calories	33g Fat	80g Carbs	43g Protein
Gourmet Veggie Club	1020 Calories	58g Fat	82g Carbs	47g Protein
Hunter's Club	850 Calories	36g Fat	76g Carbs	51g Protein
Italian Night Club	984 Calories	52g Fat	82g Carbs	44g Protein
JJ BLT	600 Calories	32g Fat	55g Carbs	23g Protein
Little John #1	300 Calories	15g Fat	25g Carbs	15g Protein



Little John #2	250 Calories	11g Fat	24g Carbs	13g Protein
Little John #3	250 Calories	11g Fat	26g Carbs	10g Protein
Little John #4	240 Calories	10g Fat	24g Carbs	12g Protein
Little John #5	290 Calories	13g Fat	26g Carbs	16g Protein
Little John #6	340 Calories	20g Fat	25g Carbs	13g Protein
Pepe	630 Calories	31g Fat	58g Carbs	29g Protein
Slim 1 Ham & Cheese	570 Calories	13g Fat	76g Carbs	33g Protein
Slim 2 Roast Beef	480 Calories	6g Fat	73g Carbs	29g Protein
Slim 3 Tuna salad	815 Calories	36g Fat	78g Carbs	40g Protein
Slim 4 Turkey breast	450 Calories	3g Fat	74g Carbs	29g Protein
Slim 5 Salami capicola cheese	654 Calories	23g Fat	75g Carbs	34g Protein
Slim 6 Double provolone	610 Calories	21g Fat	75g Carbs	31g protein
The Frenchie	760 Calories	34g Fat	75g Carbs	37g Protein
The J.J. Gargantuan	1154 Calories	55g Fat	83g Carbs	72g Protein
Totally Tuna	720 Calories	35g Fat	61g Carbs	36g Protein
Turkey Tom	510 Calories	21g Fat	56g Carbs	25g Protein
Ultimate Porker	510 Calories	20g Fat	56g Carbs	25g Protein



Vegetarian	690 Calories	39g Fat	60g Carbs	27g protein
Vito	644 Calories	32g Fat	60g Carbs	30g Protein



Burgers & Sandwiches

Artisan Grilled Chicken Sandwich	380 Calories	7g Fat	44g Carbs	37g Protein
Bacon BBQ Burger	710 Calories	36g Fat	54g Carbs	41g Protein
Bacon McDouble	460 Calories	24g Fat	34g Carbs	28g Protein
Big Mac	540 Calories	28g Fat	46g Carbs	25g Protein
Big Mac Bacon	610 Calories	33g Fat	47g Carbs	30g Protein
Buttermilk Crispy Chicken Sandwich	620 Calories	29g Fat	63g Carbs	28g Protein
Cheeseburger	300 Calories	12g Fat	33g Carbs	15g Protein
Daily Double	440 Calories	44g Fat	33g Carbs	23g Protein
Double Cheeseburger	440 Calories	22g Fat	34g Carbs	25g Protein



Double Filet-O-Fish	540 Calories	26g Fat	47g Carbs	28g Protein
Double Hamburger	330 Calories	14g Fat	32g Carbs	20g Protein
Double Quarter Pounder with Cheese	780 Calories	45g Fat	43g Carbs	51g Protein
Double Quarter Pounder with Cheese Deluxe	650 Calories	39g Fat	44g Carbs	32g Protein
Filet-O-Fish	390 Calories	19g Fat	38g Carbs	17g Protein
Hamburger	250 Calories	8g Fat	31g Carbs	13g Protein
McChicken	410 Calories	22g Fat	39g Carbs	15g Protein
Mcdouble	390 Calories	18g Fat	33g Carbs	22g Protein
McRib	480 Calories	22g Fat	45g Carbs	25g Protein
Quarter Pounder Bacon	640 Calories	34g Fat	44g Carbs	39g Protein
Quarter Pounder Deluxe	650 Calories	39g Fat	44g Carbs	32g Protein
Quarter Pounder with Cheese	540 Calories	28g Fat	42g Carbs	31g Protein
Spicy BBQ Chicken Sandwich	530 Calories	19g Fat	54g Carbs	26g Protein
Triple Cheeseburger	520 Calories	28g Fat	35g Carbs	32g Protein
Ultimate Chicken Sandwich	530 Calories	18g Fat	61g Carbs	31g Protein





Breakfast

Bacon Egg & Cheese Bagel	550 Calories	25g Fat	54g Carbs	26g Protein
Bacon Egg & Cheese Biscuit	480 Calories	25g Fat	45g Carbs	19g Protein
Bacon Egg & Cheese McGriddles	420 Calories	18g Fat	45g Carbs	18g Protein
Big Breakfast with Hotcakes	1340 Calories	64g Fat	155g Carbs	35g Protein
Big Breakfast	750 Calories	18g Fat	53g Carbs	25g Protein
Chicken McGriddles	390 Calories	14g Fat	51g Carbs	14g Protein
Egg McMuffin	300 Calories	12g Fat	30g Carbs	17g Protein
Egg White Delight McMuffin	260 Calories	8g Fat	29g Carbs	16g Protein
Fruit & Maple Oatmeal w/o brown sugar	260 Calories	4g Fat	49g Carbs	6h Protein
Fruit 'n Yogurt Parfait	210 Calories	3g Fat	40g Carbs	6g Protein
Hash Brown	150 Calories	9g Fat	16g Carbs	1g Protein
Hotcakes	590 Calories	15g Fat	102 Carbs	9g Protein



Hotcakes and Sausage	780 Calories	33g Fat	103 Carbs	16g Protein
McChicken Biscuit	420 Calories	20g Fat	46g Carbs	14g Protein
Sausage Biscuit Regular Size	460 Calories	30g Fat	36g Carbs	11g Protein
Sausage Biscuit with Egg Regular Size	530 Calories	34g Fat	38g Carbs	17g Protein
Sausage Burrito	300 Calories	16g Fat	26g Carbs	13g Protein
Sausage McGriddles	430 Calories	24g Fat	42g Carbs	11g Protein
Sausage McMuffin	400 Calories	25g Fat	29g Carbs	14g Protein
Sausage McMuffin with Egg	480 Calories	30g Fat	30g Carbs	21g Protein
Sausage Egg & Cheese McGriddles	550 Calories	32g Fat	45g Carbs	20g Protein



Sandwiches

6" Buffalo Chicken	420 Calories	15g Fat	46g Carbs	25g Protein
6" Chipotle Chicken and Cheese	450 Calories	18g Fat	46 Carbs	27g Protein
6" American Club	510 Calories	26g Fat	45g Carbs	21g Protein
6" B.L.T. Nutrition Facts	320 Calories	9g Fat	43 Carbs	15g Protein
6" BBQ Pork Rib	510 Calories	25g Fat	53 Carbs	19g Protein



6" Big Hot Pastrami	580 Calories	31g Fat	47g Carbs	29g Protein
6" Big Philly Cheesesteak	500 Calories	17g Fat	51g Carbs	38g Protein
6" Black Forest Ham	290 Calories	5g Fat	46g Carbs	18g Protein
6" Caprese Ciabatta	600 Calories	22g Fat	62g Carbs	24g Protein
6" Carved Turkey	330 Calories	5g Fat	45g Carbs	25g Protein
6" Chicken & Bacon Ranch	570 Calories	28g Fat	47g Carbs	35g Protein
6" Chicken Mango Curry	330 Calories	7g Fat	43g Carbs	24g Protein
6" Chicken Pesto Ciabatta	580 Calories	15g Fat	61g Carbs	38g Protein
6" Chicken Pizziola Melt	460 Calories	16g Fat	49g Carbs	32g Protein
6" Chicken Tikka	290 Calories	5g Fat	39g Carbs	23g Protein
6" Chicken Vindaloo	340 Calories	9g Fat	42g Carbs	24g Protein
6" Chipotle Cheesesteak	450 Calories	18g Fat	47g Carbs	27g Protein
6" Cold Cut Combo	370 Calories	13g Fat	46g Carbs	18g Protein
6" Corned Beef Reuben	470 Calories	15g Fat	45g Carbs	39g Protein
6" Garlic Steak & Provolone Ciabatta	550 Calories	20g Fat	64g Carbs	28g Protein
6" Homestyle Crispy Chicken	530 Calories	23g Fat	51g Carbs	20g Protein
6" Italian B.M.T.	410 Calories	16g Fat	46g Carbs	20g Protein



6" Italian Hero	550 Calories	29g Fat	47g Carbs	26g Protein
6" Meatball Marinara	480 Calories	18g Fat	59g Carbs	21g Protein
6" Oven Roasted Chicken	320 Calories	5g Fat	47g Carbs	23g Protein
6" Paneer Tikka Sandwich	570 Calories	30g Fat	48g Carbs	29g Protein
6" Pit-Smoked Brisket	510 Calories	28g Fat	41g Carbs	24g Protein
6" Roast Beef	320 Calories	5g Fat	45g Carbs	24g Protein
6" Rotisserie Style Chicken	350 Calories	6g Fat	44g Carbs	29g Protein
6" Southwest Chicken Club	580 Calories	29g Fat	43g Carbs	29g Protein
6" Spicy Italian	480 Calories	24g Fat	46g Carbs	20g Protein
6" Subway Melt	370 Calories	11g Fat	47g Carbs	23g Protein
6" Subway Seafood Sensation	420 Calories	19g Fat	51g Carbs	13g Protein
6" Sweet Onion Chicken Teriyaki	380 Calories	5g Fat	59g Carbs	26g Protein
6" Tuna	470 Calories	24g Protein	44g Carbs	20g protein
6" Turkey Breast	280 Calories	4g Fat	46g Carbs	18g Protein
6" Turkey Italiano Melt	490 Calories	24g Fat	47g Carbs	24g Protein
6" Veggie Delite	230 Calories	3g Fat	44g Carbs	8g Protein
6" Veggie Patty	390 Calories	7g Fat	56g Carbs	23g Protein

