



Ground Round is committed to serving great food the way you like it. We are proud to offer you a variety of your favorites. We understand that choice is a priority for our guests who are watching what they eat. While we are committed to providing as accurate nutritional information as possible, there may be differences between the actual nutritional content of your freshly prepared menu item and the nutritional values provided in this document.

The nutritional values we provide are derived from a computer analysis of recipes with the help of a standard database (ESHA) and data from our suppliers. The values listed do not account for the natural variables that occur within ingredients, variations that occur due to the house-made nature of each plate or the variations that may occur due to the substitutions that guests request.

This information is not to be used by individuals with special dietary needs in lieu of professional medical advice. The nutritional information is subject to change.

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
<b>APPETIZERS (served as listed on menu)</b>											
Soft Pretzels	1000	220	24g	4g	0g	15mg	2850mg	154g	4g	4g	36g
Street Tacos - Fried Chicken	930	310	35g	8g	0g	40mg	2250mg	117g	8g	8g	40g
Street Tacos - Texmex	2040	800	88g	35g	0g	125mg	9060mg	235g	24g	37g	80g
Angus Chuck Sliders	1670	610	68g	46g	1.5g	285mg	1780mg	80g	5g	26g	70g
Original Chicken Wings	920	610	68g	17g	0g	385mg	1130mg	2g	2g	0g	66g
Boneless Chicken Wings	610	250	27g	5g	0g	0mg	75mg	44g	5g	0g	49g
Chicken Quesadilla	1110	580	64g	35g	0g	270mg	2260mg	42g	5g	7g	79g
Tower O Rings	900	320	35g	10g	0g	50mg	2670mg	137g	3g	19g	19g
Fried Green Beans (4 oz)	640	1790	198g	11g	0g	30mg	2850mg	77g	8g	2g	18g
Buffalo Chicken Quesadilla	1250	750	84g	24g	0g	140mg	8200mg	82g	11g	16g	49g
Outrageous Nachos - Beef	1420	650	72g	41g	0g	235mg	4330mg	103g	11g	27g	49g
Outrageous Nachos - Chicken	1430	690	76g	42g	0g	320mg	3700mg	88g	11g	12g	81g
BLTA Potato Skins	1050	620	69g	30g	0g	165mg	1830mg	58g	9g	13g	46g
Triple Sampler, Plain	1660	950	106g	34g	0g	220mg	3770mg	110g	15g	13g	71g
Triple Sampler, Buffalo	1700	950	106g	34g	0g	220mg	9620mg	118g	18g	15g	72g
<b>ARTISAN FLATBREADS (served as listed on menu)</b>											
Chicken Caprese Flatbread Pizza	1000	450	50g	19g	0g	140mg	1310mg	79g	5g	5g	71g
Texas Tangler Flatbread Pizza	1140	550	61g	20g	0g	70mg	2310mg	115g	6g	31g	45g
<b>SALADS (served as listed on menu)</b>											
Chicken Club - Grilled	1060	610	68g	24g	0g	375mg	1700mg	50g	5g	16g	60g
Chicken Club - Fried	1330	820	91g	27g	0g	330mg	2330mg	76g	6g	16g	53g
Chicken Club Buffalo fried	1440	970	108g	31g	0g	340mg	5340mg	65g	8g	10g	54g
Chicken Club Buffalo - Grilled	1230	830	92g	29g	0g	385mg	4710mg	39g	6g	10g	61g
Taco Salad - Chicken	810	360	40g	23g	0g	205mg	1730mg	46g	8g	10g	60g
Taco Salad - Beef	800	330	36g	22g	0g	115mg	2370mg	61g	8g	25g	28g
Cranberry Walnut Chicken Salad	1020	460	52g	18g	0g	155mg	1630mg	97g	8g	62g	51g
Texas Tangler	1060	530	59g	20g	0g	175mg	2150mg	79g	10g	22g	58g

<b>Menu Item</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Total Carbohydrates</b>	<b>Dietary Fiber</b>	<b>Total Sugars</b>	<b>Protein</b>
<b>SOUPS (served as listed on menu)</b>											
Soup - Crock French Onion (8 oz)	330	160	18g	9g	0g	40mg	490mg	23g	less than 1g	9g	20g
Soup - Bowl Chicken Tortilla	520	190	21g	12g	0g	75mg	2010mg	49g	6g	7g	27g
Soup - Crock Chicken Tortilla	260	100	11g	6g	0g	40mg	1010mg	25g	3g	4g	13g
<b>SANDWICHES (listed without side choice)</b>											
Traditional Club Sandwich	720	450	50g	16g	0g	135mg	1960mg	24g	1g	5g	31g
Turkey Pretzel	860	480	53g	16g	0g	105mg	1880mg	60g	2g	15g	34g
Island Turkey Burger	770	500	56g	12g	0.5g	20mg	1040mg	44g	2g	5g	32g
Veggie Burger	1030	390	43g	7g	3g	0mg	2150mg	116g	8g	12g	49g
Hot Sicilian	950	540	60g	16g	0g	120mg	3160mg	83g	6g	13g	37g
French Dip	740	140	16g	4g	1g	110mg	1940mg	83g	4g	4g	60g
French Dip w/mush & Swiss	860	220	24g	10g	1g	130mg	2090mg	86g	4g	5g	69g
Buffalo Chicken Wrap	1140	670	74g	19g	0g	135mg	5500mg	71g	7g	7g	52g
<b>BURGERS (listed without side choice)</b>											
The Ground Rounder - 10oz	1350	890	99g	35g	0.5g	270mg	1600mg	46g	2g	7g	65g
Ground Rounder - 8 oz.	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Bison Burger	970	550	61g	28g	0.5g	120mg	1670mg	42g	3g	4g	62g
Clubhouse Burger	2710	1720	191g	68g	1g	625mg	3800mg	64g	4g	9g	156g
South of the Border - 8 oz.	1030	500	55g	22g	0.5g	225mg	1160mg	54g	3g	5g	71g
South of the Border 10 oz.	1180	710	78g	29g	0.5g	235mg	1160mg	53g	3g	5g	61g
Green Eggs & Ham - 8 oz.	1370	840	94g	32g	0.5g	490mg	1960mg	42g	2g	3g	82g
Green Eggs & Ham - 10 oz.	1520	1050	117g	39g	0.5g	500mg	1960mg	41g	2g	3g	71g
Black and Bleu 8 oz.	1150	650	73g	31g	0.5g	265mg	1800mg	42g	2g	4g	79g
Black and Bleu - 10 oz.	1310	860	96g	38g	0.5g	275mg	1800mg	41g	2g	4g	69g
Haystack - 8 oz.	1120	610	68g	23g	0.5g	225mg	1490mg	51g	2g	5g	70g
Haystack - 10 oz.	1270	820	91g	30g	0.5g	235mg	1490mg	50g	2g	5g	60g
Little Piggy - 8 oz.	1320	710	79g	30g	0.5g	295mg	2090mg	62g	2g	16g	83g
Little Piggy - 10 oz.	1480	910	102g	37g	0.5g	300mg	2090mg	61g	2g	16g	73g
Hunk of Burning Love - 8 oz.	1320	820	91g	26g	0.5g	235mg	1220mg	54g	4g	7g	69g
Hunk of Burning Love - 10 oz.	1470	1030	114g	33g	0.5g	240mg	1220mg	53g	4g	7g	59g
Texas Hold'em - 8 oz.	1380	760	84g	32g	0g	300mg	2640mg	63g	2g	18g	88g
Texas Hold'em - 10 oz.	1530	960	107g	39g	0g	310mg	2150mg	61g	2g	18g	78g
Swiss, Onion & Mushroom - 8 oz.	1090	570	63g	23g	0.5g	230mg	1650mg	54g	2g	6g	71g
Swiss, Onion & Mushroom - 10 oz.	1240	770	86g	30g	0.5g	235mg	1660mg	53g	2g	6g	61g

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<b>CHICKEN (listed without side choice)</b>											
Chicken Dinner Balsamic	650	260	29g	9g	0g	210mg	1650mg	26g	1g	9g	68g
Chicken Dinner Balsamic LP	400	170	19g	6g	0g	115mg	950mg	20g	less than 1g	5g	36g
Chicken Tenderloin - Plain	920	530	59g	9g	0g	85mg	1850mg	60g	3g	9g	43g
Chicken Tenderloin - Buffalo	1040	690	77g	13g	0g	95mg	6320mg	51g	5g	4g	43g
<b>RIBS (listed without side choice)</b>											
Baby Back Ribs	1460	570	64g	24g	0g	260mg	3830mg	165g	4g	141g	52g
Baby Back Ribs - 1/2 Rack	730	290	32g	12g	0g	130mg	1910mg	82g	2g	70g	26g
<b>STEAK (listed without side choice)</b>											
12 oz. Grilled Asparagus Bearnaise Steak	890	530	59g	24g	0g	195mg	1760mg	18g	1g	3g	64g
7 oz Grilled Asparagus Bearnaise	620	370	41g	17g	0g	130mg	1110mg	18g	1g	3g	40g
Caribbean Sizzling Steak Tips	1250	550	61g	23g	0g	195mg	2660mg	129g	11g	87g	52g
12 oz Steak	800	460	51g	19g	0g	170mg	1740mg	14g	0g	2g	63g
7 oz Sirloin Steak	530	300	34g	12g	0g	110mg	1100mg	14g	0g	2g	38g
7 oz. Steak & Shrimp	760	320	36g	12g	0g	205mg	2270mg	49g	3g	11g	55g
10 oz Ribeye	1170	800	89g	30g	2.5g	210mg	850mg	32g	2g	4g	56g
<b>SEAFOOD (listed without side choice)</b>											
Baked Cod	500	200	22g	3.5g	0g	115mg	480mg	26g	1g	3g	46g
Fried Shrimp	680	300	33g	4g	0g	190mg	1640mg	67g	6g	11g	34g
Orange Grilled Salmon	820	430	48g	8g	0g	125mg	1590mg	53g	4g	27g	47g
<b>PASTA (as listed on menu)</b>											
Chicken Alfredo	1250	400	44g	16g	0g	145mg	2670mg	185g	18g	7g	63g
Chicken Alfredo - LP	810	270	30g	11g	0g	125mg	1760mg	103g	9g	4g	50g
Chicken Broccoli Alfredo	1300	400	45g	16g	0g	145mg	2810mg	194g	22g	10g	68g
Chicken Broccoli Alfredo - LP	840	270	31g	11g	0g	125mg	1830mg	108g	12g	6g	52g
Tuscan Seafood Pasta	1070	430	48g	19g	0g	200mg	2180mg	129g	12g	6g	45g
Tuscan Seafood Pasta -LP	750	320	36g	16g	0g	155mg	1460mg	82g	7g	4g	32g

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<b>TEXMEX (as listed on menu)</b>											
Unmasked Burrito	680	310	35g	18g	0.5g	175mg	1980mg	37g	8g	13g	51g
Fajita - Steak	1320	580	65g	26g	0g	165mg	4100mg	123g	12g	12g	64g
Fajita - Chicken	1320	470	52g	21g	0g	260mg	3900mg	119g	12g	11g	97g
Fajita - Combo	1320	520	58g	24g	0g	210mg	4000mg	121g	12g	12g	81g
Steak Burrito	780	390	44g	15g	0g	90mg	2850mg	63g	5g	12g	29g
Baja Tacos - Fish	1080	500	56g	12g	0g	115mg	3660mg	95g	9g	25g	46g
Baja Tacos - Fish - LP	800	380	43g	10g	0g	85mg	2650mg	67g	7g	19g	31g
Baja Tacos - Shrimp	990	510	56g	12g	1g	95mg	4550mg	85g	9g	25g	35g
Baja Tacos - Shrimp - LP	690	350	39g	10g	0.5g	65mg	3080mg	61g	7g	19g	20g
Fajita - Triple	1420	540	60g	24g	0g	370mg	7140mg	124g	13g	12g	98g
<b>SIDES</b>											
Asparagus	100	60	7g	1g	0g	0mg	310mg	8g	4g	4g	6g
Baked Potato - Plain	140	0	0g	0g	0g	0mg	15mg	31g	3g	2g	4g
Baked Potato - Sour Cream	190	50	6g	3.5g	0g	15mg	30mg	33g	3g	3g	5g
Baked Potato - Butter	240	100	11g	7g	0g	30mg	15mg	31g	3g	2g	4g
Baked Potato - Sour Cream and Butter	300	150	17g	10g	0g	45mg	30mg	33g	3g	3g	5g
Broccoli side	90	50	6g	3.5g	0g	15mg	90mg	6g	3g	2g	3g
Caesar Salad small	250	160	17g	4g	0g	15mg	550mg	15g	2g	3g	6g
Cole Slaw (1/4 lb)	150	110	12g	1.5g	0g	15mg	430mg	11g	2g	10g	less than 1g
Flatbread - Side	200	90	10g	4g	0g	15mg	290mg	23g	less than 1g	1g	5g
French Fries (7 oz)	340	110	12g	3g	0g	0mg	1550mg	49g	5g	0g	5g
French Fries W/GR Signature Fry Dipping Sauce (7 oz)	530	280	32g	5g	0g	15mg	1790mg	54g	5g	3g	5g
Fried Green Beans w/French Onion Dipping Sauce (4 oz)	640	1790	198g	11g	0g	30mg	2850mg	77g	8g	2g	18g
Guacamole - Add House-made	100	70	8g	1g	0g	0mg	0mg	13g	2g	2g	1g
House-made Chips (6 oz)	360	190	21g	4.5g	0g	0mg	850mg	35g	3g	0g	3g
House-made Chips w/French Onion Dipping Sauce (6 oz)	490	290	32g	11g	0g	30mg	1400mg	43g	3g	2g	6g
House Vegetable (5 1/2 oz)	120	70	8g	3g	0g	10mg	70mg	13g	5g	5g	3g
House Salad	230	120	14g	7g	0g	205mg	300mg	10g	2g	2g	14g
Loaded Baked Potato	510	280	31g	16g	0g	95mg	720mg	32g	3g	2g	22g
Loaded Baked Potato	510	280	31g	16g	0g	95mg	720mg	32g	3g	2g	22g
Mashed Red Skin Potao (1/4 lb)	150	60	7g	6g	0g	10mg	370mg	20g	2g	2g	2g
Onion Ring	340	140	15g	2g	0g	0mg	600mg	48g	1g	6g	6g
Onion Rings W/French Onion Dipping Sauce	470	240	27g	9g	0g	30mg	1150mg	55g	1g	8g	8g
Rice Pilaf (5 oz)	160	25	3g	1.5g	0g	5mg	450mg	27g	2g	11g	3g
Tater Tots	400	210	24g	2g	0g	0mg	860mg	46g	4g	0g	4g
Sweet Potato Fries (1/2 lb)	240	120	13g	11g	0g	0mg	60mg	32g	2g	8g	2g
Sweet Potato Fries W/Sriracha Dipping Sauce (1/2 lb)	520	370	42g	15g	0g	25mg	440mg	37g	2g	13g	2g
Tater Tots w/GR Signature Fry Dipping Sauce	580	380	43g	4.5g	0g	15mg	1320mg	51g	6g	4g	6g

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<b>DRESSINGS &amp; SAUCES</b>											
Bleu Cheese Dressing - Side (2 oz)	340	330	36g	7g	0g	30mg	430mg	2g	0g	2g	2g
Caesar Dressing - Side (2 oz)	280	260	28g	4.5g	0g	20mg	660mg	4g	0g	4g	2g
Honey Mustard Dressing - Side (2 oz)	250	170	19g	3g	0g	20mg	340mg	17g	0g	9g	2g
Italian Dressing - Side (2 oz)	250	240	26g	4g	0g	0mg	1150mg	4g	0g	2g	0g
French Dressing - Side (2 oz)	250	200	23g	3g	0g	0mg	0mg	11g	0g	9g	0g
Ranch Dressing - Side (2 oz)	190	190	21g	3g	0g	20mg	510mg	2g	0g	2g	2g
Raspberry Vinaigrette Dressing - Side (2 oz)	60	0	0g	0g	0g	0mg	55mg	13g	0g	8g	0g
Thousand Island Dressing - Side (2 oz)	210	180	20g	3g	0g	15mg	550mg	8g	0g	8g	less than 1g
Honey BBQ Sauce (4 oz)	240	0	0g	0g	0g	0mg	1310mg	61g	0g	53g	0g
Buffalo Sauce	50	0	0g	0g	0g	0mg	8780mg	11g	5g	4g	1g
Parmesan Garlic Sauce (3 oz)	390	310	35g	9g	0g	30mg	1610mg	13g	0g	2g	11g
Sweet Chili Sauce	280	130	14g	0g	0g	0mg	1860mg	69g	0g	57g	0g
Honey Sriracha Sauce	230	0	0g	0g	0g	0mg	1140mg	57g	0g	54g	0g
<b>BEVERAGES (listed as one serving)</b>											
Adult Coke	140	0	0g	0g	0g	0mg	0mg	38g	0g	38g	0g
Adult Diet Coke	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Adult Lemonade	140	0	0g	0g	0g	0mg	0mg	37g	0g	35g	0g
Adult Sprite	140	0	0g	0g	0g	0mg	0mg	37g	0g	37g	0g
Adult Raspberry Iced Tea	80	0	0g	0g	0g	0mg	0mg	23g	0g	21g	0g
Adult Root Beer	160	0	0g	0g	0g	0mg	0mg	43g	0g	43g	0g
Adult Orange	1940	0	0g	0g	0g	0mg	0mg	462g	73g	340g	24g
Kid Coke	70	0	0g	0g	0g	0mg	0mg	19g	0g	19g	0g
Kid Diet Coke	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Kid Lemonade	70	0	0g	0g	0g	0mg	0mg	18g	0g	18g	0g
Kid Root Beer	80	0	0g	0g	0g	0mg	0mg	21g	0g	21g	0g
Kid Orange	70	0	0g	0g	0g	0mg	0mg	15g	less than 1g	15g	1g
Kid Raspberry Ice tea	40	0	0g	0g	0g	0mg	0mg	11g	0g	11g	0g
Kid Sprite	70	0	0g	0g	0g	0mg	0mg	18g	0g	18g	0g
Strawberry Lemonade	180	0	0g	0g	0g	0mg	0mg	47g	less than 1g	44g	0g
Blueberry Lemonade	250	0	0g	0g	0g	0mg	10mg	65g	0g	62g	0g
Blackberry Lemonade	250	0	0g	0g	0g	0mg	10mg	65g	0g	62g	0g
Arnold Palmer (10 oz)	90	0	0g	0g	0g	0mg	0mg	25g	0g	24g	0g
Iced Tea	80	0	0g	0g	0g	0mg	0mg	23g	0g	21g	0g

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<b>LUNCH MENU (does not include side choices)</b>											
Lunch Taco Salad - Beef	540	230	26g	16g	0g	85mg	1690mg	38g	5g	18g	19g
Lunch Taco Salad - Chicken	610	270	30g	17g	0g	175mg	1400mg	29g	5g	8g	50g
Lunch Chicken Club Grilled	1030	610	68g	22g	0g	360mg	1510mg	48g	4g	15g	57g
Lunch Chicken Club Fried	1120	690	77g	23g	0g	300mg	1840mg	65g	5g	15g	42g
Lunch Cranberry Walnut Chicken	830	380	43g	15g	0g	145mg	1380mg	69g	7g	38g	48g
Stuffed Baked Potato - Mexican	630	230	26g	11g	0g	50mg	1780mg	77g	6g	10g	13g
Stuffed baked Potato - Chicken Ranch	710	370	41g	13g	0g	105mg	1120mg	56g	4g	5g	32g
Stuffed baked Potato - Texas	840	400	44g	9g	0g	75mg	1500mg	88g	6g	19g	28g
5 oz. Swiss, Onion & Mushroom Burger	850	470	52g	17g	2g	130mg	2060mg	54g	2g	6g	39g
5 oz. Texas Hold'em Burger	1160	400	44g	28g	0g	205mg	2560mg	62g	2g	18g	54g
5 oz. Applewood Smoked Bacon Cheeseburger	980	610	68g	24g	0.5g	165mg	1610mg	47g	2g	8g	42g
5 oz. South of the Border Burger	890	260	28g	19g	0.5g	135mg	1410mg	50g	2g	5g	37g
5 oz. Haystack Burger	890	540	60g	19g	0.5g	130mg	1400mg	50g	2g	5g	37g
Buffalo Chicken Wrap	1140	670	74g	19g	0g	135mg	5500mg	71g	7g	7g	52g
Hot Sicilian	950	540	60g	16g	0g	120mg	3160mg	83g	6g	13g	37g
1/2 Hot Sicilian	420	250	28g	8g	0g	60mg	1500mg	35g	2g	6g	17g
<b>GLUTEN FREE (as listed on menu)</b>											
GF Grilled Chicken Club Salad	860	520	58g	19g	0g	360mg	1410mg	27g	4g	15g	56g
GF Cranberry Walnut Chicken Salad	830	380	42g	14g	0g	140mg	1340mg	74g	7g	61g	47g
GF Stuffed Baked Potato - Buffalo	420	210	23g	3.5g	0g	60mg	3590mg	37g	5g	5g	22g
GF Stuffed baked Potato - Chicken Ranch	520	280	31g	9g	0g	90mg	840mg	34g	3g	4g	28g
GF Stuffed Baked Potato - Broccoli Cheese	350	90	11g	6g	0g	75mg	370mg	35g	5g	3g	27g
GF Stuffed Baked Potato - Bacon and Cheese	480	220	25g	12g	0g	105mg	680mg	32g	3g	2g	31g
GF No Frills Burger	440	330	36g	13g	0.5g	105mg	360mg	4g	1g	2g	24g
GF Bruschetta Burger	800	480	53g	20g	0g	215mg	1080mg	10g	2g	4g	66g
GF Balsamic Chicken Dinner	490	180	20g	7g	0g	190mg	1400mg	12g	less than 1g	7g	64g
GF Balsamic Chicken Dinner - LP	240	90	10g	3.5g	0g	95mg	700mg	6g	0g	3g	32g
GF Baby Back Ribs	1460	570	64g	24g	0g	260mg	3830mg	165g	4g	141g	52g
GF Baby Back Ribs 1/2 Rack	1460	570	64g	24g	0g	260mg	3830mg	165g	4g	141g	52g
GF BBQ Ribs & Steak	1110	510	57g	22g	0g	220mg	2900mg	82g	2g	70g	60g
GF BBQ Ribs & Chicken	1010	320	36g	13g	0g	215mg	2930mg	111g	2g	95g	57g
GF 7 oz Sirloin	370	220	25g	10g	0g	90mg	980mg	0g	0g	0g	34g
GF Caribbean Sirloin Tips	1090	470	53g	21g	0g	175mg	2540mg	115g	10g	85g	48g
GF baked Cod	600	420	47g	28g	0g	205mg	160mg	2g	less than 1g	0g	41g
GF Salmon	400	170	19g	4g	0g	105mg	830mg	19g	3g	14g	40g
GF side Caesar Salad	190	150	17g	4g	0g	15mg	450mg	4g	1g	3g	5g

<b>Menu Item</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Total Carbohydrates</b>	<b>Dietary Fiber</b>	<b>Total Sugars</b>	<b>Protein</b>
<b>KIDS MENU (listed without side or drink choice)</b>											
Kid Burger	630	360	40g	13g	1g	105mg	1020mg	37g	less than 1g	2g	30g
Kid Cheese Burger	680	390	43g	15g	1g	115mg	1170mg	38g	less than 1g	3g	33g
Kid Chicken Tenderloin	430	240	27g	4g	0g	40mg	900mg	26g	2g	0g	25g
Kid Sketti	220	50	5g	0g	0g	20mg	220mg	44g	3g	4g	9g
Kid Grill Cheese	450	170	19g	8g	1g	30mg	940mg	51g	3g	7g	16g
Kid Extreme Combo	460	270	30g	6g	0g	45mg	1350mg	37g	4g	5g	23g
Kid Pizza Pepperoni	440	250	28g	9g	0g	45mg	1110mg	40g	2g	5g	20g
Kid Pizza	300	130	14g	4g	0g	15mg	660mg	40g	2g	5g	15g
Kid Mac N Cheese	310	80	9g	2.5g	0g	15mg	550mg	45g	2g	8g	11g
Kid Corn Dog	340	140	15g	5g	0g	40mg	650mg	31g	1g	1g	9g
Kid Chicken Breast	160	35	4g	1g	0g	85mg	540mg	0g	0g	0g	31g
Kid Steak Bites	280	190	22g	9g	0g	80mg	240mg	0g	0g	0g	22g
Kid Hound Dog Mac N Cheese	550	190	21g	6g	0g	40mg	960mg	65g	3g	9g	17g
<b>DESSERTS (as listed on menu)</b>											
Big Ben Brownie Sundae	1170	480	53g	15g	0g	90mg	580mg	210g	5g	118g	13g
Black & White Cookie Delight	880	330	36g	10g	0g	40mg	1050mg	128g	4g	64g	13g
Chocolate Lovin Spoonful Cake	930	460	51g	30g	0g	170mg	420mg	115g	8g	83g	11g
Cinnamon Dippers	800	130	15g	9g	0g	35mg	990mg	149g	7g	66g	17g
Mini Cinnamon Dippers	510	160	17g	8g	0g	0mg	520mg	80g	4g	34g	8g
Oreo Smoothie	480	130	15g	10g	0g	80mg	290mg	66g	2g	46g	8g
Slider Sundae	380	110	12g	8g	0g	70mg	105mg	59g	1g	50g	6g
Tasty Trio Sampler	1290	420	47g	18g	0.5g	70mg	1440mg	198g	7g	94g	22g
Banana Foster Bites	870	400	45g	18g	1g	125mg	490mg	106g	3g	68g	11g
Vanilla Shake	320	90	10g	6g	0g	80mg	90mg	52g	0g	49g	7g
Chocolate Shake	390	130	15g	10g	0g	80mg	390mg	54g	2g	39g	9g
Strawberry Shake	390	130	15g	10g	0g	80mg	390mg	54g	2g	39g	9g