

ITEM	Notes	Kcal	Fat (g)	Na (mg)	Protein (g)	Chol (mg)	Carbs (g)
Hamburger		328	10	292	20	29	39
Cheeseburger		428	19	802	25	54	40
Chicken Burger		391	17	1113	21	54	38
Garden Burger		320	6.5	840	13	10	52
Grilled Cheese		234	11	756	11	25	26
BLT	w/ mayo	422	31	920.5	14	26.5	23
Club Sandwich	mayo, no chz	507	28	1835	28.5	65	35.5
Tuna Melt		408	23	913	19	47	34
BBQ Pork Sandwich		440	15	1100	23	67	60
Shrimp Po Boy		615	36	1190	18	45	53
Regular Fries	6 oz	278	8	412	4.5	0	45
Curly Fries	6 oz	358	16	1231	4.5	0	49
Chicken Strips	2 ea.	280	16	770	15	35	19
Mozzarella Sticks	4 ea.	469	18	2125	29	60	50
Onion Rings	7 ea.	373	16	583	7	0	49
Veg Chik Strips	4 ea.	190	9	600	12	0	19
7" Cheese Pizza		680	22	1268	33	58	84
7" Veggie		499	16	375	23.5	38.5	64
7" Meat Lovers		1640	27	1792	35	67	86
7" Hawaiian		636	17	1272	30	48	89
7" Pepperoni		682	24	1393	30.5	57	83
7" Sausage		1934	26	1823	36	64	87
10" Cheese Pizza		1119	36.5	2651	55	96	132
10"Veggie		1064	33	2552	50	80	134

10" Meat Lovers			2890	49	3604	61	123	126
10" Hawaiian			1105	32	2858	54	96	140
10" Pepperoni			1209	45.5	3103	56	115	131
10" Sausage			3432	47	3662	61	118	128
Cheesy Bread 7"			803	33.5	1297	36	91	85
Cheesy Bread 10"			1320	76.5	2644	59	162	218
Bagel Melt: Ham or Turkey			504	17	1300	28	49	60
Bagel Melt: Pizza			601	26	1715	30	57	62
Bagel Melt: Veggie			485	16	1101	25	39	59.5
Special: The Burrow			355	17	1335	24	72	28
Special: Taco Salad			650	33	781	37	116	40
Special: Chicken Delight			510	26	1350	32	85	35
Special: Italian Hot Sub			590	10	1750	27	85	38
Special: Walking Taco			560	34	567	33	101	30