

LIKE THIS?

TRY THIS

Breakfast toast with Bacon, Egg & Cheese

380 cal 23g Fat 29 g carbs

Fish Slider with Cheese

320 cal 22 g Fat 22 carbs

Smoked Cheddar & Bacon Chicken Slider

280 cal 15 g Fat 16 g carb

Loaded Fries

460 cal 38 g Fat 20 g carbs



Breakfast Slider with Bacon, Egg & Cheese

260 cal 17 g Fat 15 g carbs

Cheeseburger Slider

170 cal 9 g Fat 16 carbs

Grilled Chicken Slider

190 cal 7 g Fat 15 g carb

Small Fries

330 cal 21 g Fat 32 g carb

Po'Boy Chicken Sandwich

600 cal 33 g Fat 55 g carb

Fried Chicken Tenders (5 pc)

283 cal 34 g Fat 48 g carb

Large French Fries

884 cal 42 g Fat 97 g carb



Loaded Chicken Wrap

310 cal 12 g Fat 35 g carb

Blacken Chicken Tenders (5 pc)

283 cal 3 g Fat 3 g carb

Bonafide Chicken Thigh w/Green Beans

335 cal 23 g Fat 14 g carb

Apple Fritter

460 cal 23 g Fat 56 g carb

Iced lemon Pound Cake

470 cal 20 g Fat 68 g carb

S'Mores Frappuccino

590 cal 22 g Fat 94 g carb

Cotton Candy Crème Frappuccino

520 cal 23 g Fat 85 g carb



Bacon Gruyere Sous Vide Egg Bite

300 cal 22 g Fat 9 g carb

Reduced Fat Turkey Bacon Egg White

230 cal 6 g Fat 28 g carb

Tall Flat White with 2% SF vanilla syrup

170 cal 9 g Fat 15 g carb

Passion Tango Tea

45 cal 0 g Fat 11 g carb

Orange Chicken

490 cal 23 g Fat 51 g carb

Bijing Beef

350 cal 20 g Fat 34 g carb

Chow Mein Noodles

510 cal 20 g Fat 80 g carb

Pot Stickers

160 cal 6 g Fat 20 g carb



Grilled Teriyaki Chicken

300 cal 13 g Fat 8 g carb

String Beans and Chicken Breast

190 cal 9 g Fat 13 g carb

Mixed Vegetables

80 cal 0.5 g Fat 16 g carb

Crispy Shrimp

130 cal 6 g Fat 13 g carb

Chicken Bacon Ranch Melt

610 cal 32 g Fat 41g carb

Tuna Sandwich

450 cal 25 g Fat 38 g carb



Turkey on 9 grain Wheat

250 cal 3 g Fat 40 g carb

Oven Roasted Chicken Sandwich

270 cal 3.5 Fat 40 g carb

Stuffed Crust Pepperoni-Thick

3030 cal 158 g Fat 259 g carb

BBQ Caesar Wings

620 cal 35 g Fat 32 g carb



Pepperoni Thin Crust

2180 cal 133 g Fat 149 g carb

Oven Roasted Caesar Wings

510 cal 35 g Fat 3 g carb

LIKE THIS, TRY THAT

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Sausage Egg Biscuit
460 cal 26 g fat 39 g carbs

Sausage Egg McGriddle
430 cal 21 g Fat 44 g carb

Quarter Pounder with Cheese
740 cal 42 g Fat 42 g carb

Fried Chicken Sandwich
600 cal 29 g Fat 58 g carb

Large Fries
320 cal 15 g Fat 43 carb

McFlurry (M & M)
610 cal 21 g Fat 96 carb



Egg McMuffin with Canadian bacon
310 cal 13 g Fat 30 g carb

Egg & Sausage Burrito
310 cal 17 g Fat 25 g carb

Double Cheeseburger
400 cal 20 g Fat 33 g carbs

Grilled Chicken Sandwich
360 cal 11 g Fat 13 g carbs

Small Fries
230 cal 11 g Fat 29 g carb

Small Vanilla Cone
200 cal 5 g Fat 32 g carb

Grand Scrambler
630 cal 30 g Fat 65 g carb

AM Crunchwrap
670 cal 42 g Fat 51g carb

Mexican Pizza
340 cal 30 g Fat 49 g carb

Double Decker Taco Supreme
340 cal 15 g Fat 39 g carb

Chalupa
350 cal 18 g Fat 33 g carb



Grilled Breakfast Burrito
44 cal 29 g Fat 45 g carb

AM Grilled Taco
230 cal 14 g Fat 15 g carb

Spicy Tostado
210 cal 10 g Fat 22 g carb

Chicken Soft Taco
170 cal 8 g Fat 16 g carb

Crunchy Taco
170 cal 9 g Fat 13 g carb

Breakfast Platter
610-810 cal

Breaded Chicken Nuggets
(8 pc) 270 cal 13 g Fat 11 g carb

Spicy Chicken Deluxe
570 cal 29 g Fat 44 g carb

Waffle Fries
400 cal 21 g fat 45 carbs

Barbeque Dipping Sauce
45 cal 0g Fat 11 g carb

Polynesian Dipping Sauce
110 cal 6 g Fat 14 g carb



Egg White Griller
290 cal 8 g Fat 30 carb

Grilled Chicken Nuggets
(8 pc) 130 cal 3.9 g Fat 1 g carb

Grilled Chicken Sandwich
320 cal 12g Fat 43 g carb

Side salad
80 cal

Ranch Dipping Sauce
140 cal 15 g Fat 1 carb

Chick Fil A Dipping Sauce
140 cal 13 g fat 7 g carbs