

Fast and Fresh Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Prot (g)
Starters												
Bacon Jalapeno Wontons	4 wontons	630	40	14	0	55	670	53	2.67	9	0	12
Boneless Chicken Wings	1 portion	530	29	5	0	80	1150	30	0	0	0	32
Cheese Curds	1 portion	660	48	22	0	115	1230	27	--	10	--	31
Chicken Quesadilla	1 quesadilla	980	60	21	0	115	1740	58	3.57	5	0	49
Hand Breaded Hot & Spicy Chicken Tenders	3 count	310	6	0.5	0	85	1940	29	1.27	1	0.01	38
Hand Breaded Savory Chicken Tenders	3 count	320	6	0.5	0	85	1780	30	1.02	1	0	38
Add On Condiments												
Guacamole	2 oz	70	6	1	0	0	80	4	3	1	0	1
Salsa	2 oz	15	0	0	0	0	180	3	0.49	1	0	0
Sour Cream	2 oz	110	11	8	0	30	85	4	0	2	0	0
Sandwiches												
BLT	1 sandwich	790	51	9	0	45	1290	62	2	2	0.58	21
Cheese & Bacon Melt	1 sandwich	810	49	20	0	90	2330	58	2	0	0	36
Grilled Bacon and Swiss Chicken Sandwich	1 sandwich	820	38	10	0	155	880	61	1.63	19	16.13	58
Grilled Buffalo Chicken Sandwich	1 sandwich	690	26	4	0	120	2350	63	1.63	19	16.13	47
Grilled Chicken Sandwich	1 sandwich	670	25	4	0	120	610	61	1.63	19	16.13	47
Hand Breaded Hot & Spicy Chicken Sandwich	1 sandwich	590	24	3.5	0	40	1000	69	2.01	19	16.13	23
Hand Breaded Savory Chicken Sandwich	1 sandwich	590	23	3.5	0	40	960	70	1.93	19	16.13	23
Burgers												
Bacon Cheeseburger	1 burger	1090	65	21	2	180	1460	64	1.61	20	16.13	60
Cheeseburger	1 burger	1020	59	19	2	165	1230	64	1.61	20	16.13	55
Hamburger	1 burger	960	54	16	2	150	920	64	1.61	20	16.13	51
Mushroom & Swiss Burger	1 burger	1120	67	20	2.5	170	980	66	1.61	21	16.13	59
Three Cheese Patty Melt	1 burger	1420	92	29	2.5	240	2130	74	5.4	12	8	69
Sides												
French Fries	1 portion	300	15	4	0	0	1190	35	3.37	0	0	3
Sweet Potato Tots	1 portion	570	23	2.5	0	0	840	91	9.11	43	27.34	3
Tater Tots	1 portion	600	37	8	0	0	1240	58	6.07	0	0	6