



TAKE 1 Choose An Entree

TAKE3 STATION

	CAL
Hamburger served on a bun with lettuce and tomato	320
Cheeseburger served on a bun with American cheese, lettuce and tomato	370
Chicken Patty served on a bun with lettuce, tomato, with (or without) American cheese; optional blue cheese dressing or hot sauce)	380/660
Grilled Cheese American cheese on Texas toast, tomato optional,	370
Cheese or Vegetable Quesadilla served with sour cream and salsa	920/560
Vegetable Burger, served on a bun with lettuce and tomato	270

SLICE OF LIFE

One slice of cheese or pepperoni pizza

TAKE3 Cooler

- Garden Salad
- Caesar Salad
- Any Take3 Sanwich

TAKE 2 Choose A Side

TAKE3 STATION

French Fries, 340 Cal. 340

TAKE3 COOLER

- Yogurt (excludes Greek & specialty brands)
- Whole Fruit Granola Bar Cookie Brownie
- Nabisco 100 Calorie Snacks

CHIPS RACK

One bag of chips (excludes Ms. Vickie's, Stacy's, Pop Chips and Pringles)

SALASD BAR

Small cup of soup

TAKE 3 Choose A Beverage

COKE FREESTYLE

Any size fountain beverage

MINUTE MAID JUICE

Small juice

TAKE3 COOLER

Carton of Milk

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutritional information available upon request.