



NUTRITIONAL INFORMATION

A 2,000 calorie daily diet is used as a basis for general nutrition advice; however, individual needs may vary.

STARTERS	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLEST. (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
CHEESE FRIES	1130	76	31	0	0	3150	82	12	5	38
SIDE SALAD	150	4.5	0	0	26	300	26	2	3	5
MOZZARELLA STICKS	400	19	10	0	55	820	39	0	0	19
LETTUCE WRAPS	440	11	1.5	0	0	1470	56	3	45	29
CHIPS & SALSA	900	37	9	0	0	1250	125	13	8	13
EXTREME NACHOS	1520	85	38	0	0	2000	143	17	14	45
QUESO BLANCO	390	32	21	0	75	1740	7	0	6	19
SALADS NO DRESSING										
COVINGTON	210	5	0.5	0	0	430	18	5	5	26
KENTUCKY	520	30	11	0	20	1150	37	5	6	30
BUFFALO	430	22	6	0	0	640	30	9	3	33
QUESADILLAS										
CHEESE	800	50	29	0	0	1460	53	3	2	40
CHICKEN	750	39	20	0	0	1490	51	3	2	51
GARDEN FRESH	660	37	20	0	0	1190	57	5	5	31
SANDWICHES										
GRILLED CHICKEN	270	4.5	1	0	70	720	29	2	4	27
FRIED CHICKEN	350	12	2.5	0	50	1000	34	2	4	27
JBR CHICKEN	520	27	10	0	60	1640	36	2	5	36
BUFFALO CHICKEN	460	23	5	0	50	1810	36	2	5	27
WINGS/TENDERS										
5PC TRADITIONAL	260	14	3	0	0	710	5	5	0	30
10PC TRADITIONAL	528	28	6	0	320	1426	10	10	0	60
3PC TENDERS	390	16	1.5	0	105	600	30	9	0	41
5PC TENDERS	650	25	2.5	0	175	1000	38	15	0	68
WRAPS										
WEST COAST VEGGIE	560	30	9	0	0	1150	62	6	9	16
BUFFALO	780	40	11	0	0	1380	67	9	4	39
SONOMA	630	33	9	0	0	1410	51	4	3	37
MEMPHIS	750	28	8	0	0	1940	88	4	38	36
KENTUCKY	960	50	18	0	35	1810	70	9	8	59
BURGERS										
CRESCENT CITY	690	39	18	2	110	740	42	1	8	39
PHILLY	870	55	22	2	115	2200	49	3	11	42
TEXAS	850	49	19	2	115	1230	63	3	23	40
VEGGIE	380	8	2.5	0	5	1160	52	6	11	27
LOUISVILLE SLAMMER	720	43	19	2	125	750	42	1	8	40

SIDES	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLEST. (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
FRENCH FRIES	520	22	2	0	50	1260	74	12	1	16
RED BEANS & RICE	310	15	6	0	0	790	33	6	6	13
HONEY MUSTARD SLAW	260	13	2	0	0	900	37	3	30	2
SWEET POTATO FRIES	447	33	2.6	0.7	0	312	36	5.1	9.3	2.5
MAC N' CHEESE	200	7	4	1	20	580	17	0	1	8
CHILI	210	13	5	0	45	880	11	2	4	12
CHICKEN & SAUSAGE GUMBO	100	4.5	1	0	35	900	9	0	0	9
BREAKFAST										
BACON, EGG & CHEESE BISCUIT	560	37	13	0	0	1800	37	1	3	20
SAUSAGE BISCUIT	520	35	12	0	0	1360	35	1	4	16
CHICKEN BISCUIT	470	20	4	0	0	1140	45	6	3	27
SAUSAGE, EGG & CHEESE BISCUIT	740	53	19	0	0	2050	38	1	4	26
BREAKFAST BURRITO W/BACON	550	30	12	0	0	1360	45	4	5	23
BREAKFAST BURRITO W/SAUSAGE	720	47	18	0	0	1600	46	4	6	29
BREAKFAST PLATTER W/BACON	1170	41	10	0	0	1970	168	11	4	35
BREAKFAST PLATTER W/SAUSAGE	920	62	19	0	0	2480	58	4	5	34
BISCUITS & GRAVY	340	16	4.5	1	0	1120	39	1	5	8
FRENCH TOAST STICKS	480	15	2.5	3	0	730	81	1	44	5
TEXAS TOAST SANDWICH W/BACON	690	47	14	0	0	1640	43	0	6	25
TEXAS TOAST SANDWICH W/SAUSAGE	750	55	18	0	0	1710	42	0	7	26
BREAKFAST SIDES										
BUTTERMILK BISCUIT	270	12	3	0	0	840	34	1	3	6
HASH BROWNS	200	13	2	0	0	560	23	3	0	3
TEXAS TOAST	280	13	2	0	0	500	38	0	6	6
BACON	80	7	3	0	0	270	0	0	0	4
SAUSAGE	510	47	18	0	0	1030	2	0	2	20
GRITS	600	2.5	0	0	0	0	133	9	0	14
DRESSINGS/EXTRAS										
RANCH	219	23	4	0	23	585	2	0.25	1	1
BLEU CHEESE	204	20	5	0	29	374	2	1	1	4
HONEY MUSTARD	311	29	4	0	26	455	12	0.32	11	0.4
BALSAMIC VINAIGRETTE	210	16	2.5	0	0	420	15	0	14	0
SALSA (2oz)	15	0	0	0	0	260	3	0	3	0
SOUR CREAM (2oz)	110	9	8	0	0	105	4	0	4	2
WOW SAUCES										
KANSAS CITY	50	0	0	0	0	349	14	0	12	0
TEXAS	50	0	0	0	0	310	12	0	10	0
BUFFALO I	110	12	2	0	0	270	0	0	0	0
BUFFALO II	90	9	1.5	0	0	820	1	0	0	0
BUFFALO XIII	70	7	1.5	0	0	440	1	0	0	0
ASIAN	100	0	0	0	0	720	24	0	23	1
SANTA FE	104	11	2	0	0	723	1	0	1	1
SHANGHAI FOO'S GOLD	60	0	0	0	0	330	14	0	11	1
PARADISE CITY	90	0	0	0	0	390	22	0	19	0
POLYNESIAN	100	0	0	0	0	170	26	0	23	0

Item Name	Quantity	Measure	Cals (kcal)	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat
1 - Snacks											
Buffalo Chicken Mac	1	Serving	680	X		X					X
Loaded Cheesy Fries - QSR	1	Serving	1190			X					
Mozzarella Sticks - 5pc - QSR	1	Serving	540			X					X
Side Salad - QSR	1	Serving	150	X		X					X
2 - Sandwich											
Sandwich, BBQ Ranch Chicken - QSR	1	Serving	720	X		X			X	X	X
Sandwich, Buffalo Chicken - QSR	1	Serving	800	X		X			X	X	X
Sandwich, Classic Chicken - Crispy - QSR	1	Serving	735	X		X			X	X	X
Sandwich, Classic Chicken - Grilled - QSR	1	Serving	700	X		X			X	X	X
Sandwich, JBR Chicken - QSR	1	Serving	1080	X		X			X	X	X
Sandwich, Hot Honey Chicken - QSR	1	Serving	640	X		X			X	X	X
3 - Salad											
Salad, Buffalo - QSR	1	Serving	450	X		X			X		X
Salad, Covington - QSR	1	Serving	400	X		X					X
Salad, Kentucky Club - QSR	1	Serving	580	X		X					X
Salad, Steakhouse - QSR	1	Serving	390	X		X					X
4 - Wings/Tenders											
Wing - 10pc - QSR	1	Serving	630-720						X		
Wing - 5pc - QSR	1	Serving	320-400						X		
2pc Tender, Fried - QSR	1	Serving	260						X		X
3pc Tender, Fried - QSR	1	Serving	400						X		X
4pc Tender, Fried - QSR	1	Serving	530						X		X
5 - Burger											
Burger, Crescent City - QSR	1	Serving	690	X		X			X	X	X
Burger, Philly - QSR	1	Serving	830	X		X			X	X	X
Burger, Texas - QSR	1	Serving	990	X		X			X	X	X
Burger, Louisville Slammer - QSR	1	Serving	720	X		X			X	X	X
Burger, The Beyond - QSR	1	Serving	680	X		X			X	X	X
6 - Quesadilla/Wraps											
Quesadilla - Cheese - QSR	1	Serving	810			X					X
Quesadilla - Sante Fe Chicken - QSR	1	Serving	1040			X			X		X
Quesadilla - Veggie - QSR	1	Serving	680			X					X
Quesadilla - Steak - QSR	1	Serving	790			X					X

Item Name	Quantity	Measure	Cals (kcal)	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat
Wrap - Beyond The West - QSR	1	Serving	650	X		X					X
Wrap - Memphis - QSR	1	Serving	870	X		X			X		X
Wrap, Buffalo - QSR	1	Serving	870	X		X			X		X
Wrap, Kentucky - QSR	1	Serving	940	X		X					X
Wrap, Sonoma - QSR	1	Serving	830	X		X					X
Wrap, Philly Steak - QSR	1	Serving	580	X		X					X
7 - Sides (190 - 560 Cals)											
BBQ Baked Beans - QSR	1	Side	280						X		
Mac & Cheese - QSR	1	Serving	300	X		X			X		X
Tater Tots	6	Ounce-weight	520								
Honey Mustard Cole Slaw	6	Ounce-weight	190	X							
French Fries	6.5	Ounce-weight	560								
Fries, Sweet Waffle	6.5	Ounce-weight	390								
Combos											
Combo 1			500-1110								
Combo 2			890-1450								
Combo 3			1060-1580								
Combo 4			1000-1520								
Combo 5			580-1100								
Combo 6			880-1400								
Dessert											
S'mores			390	X		X			X		X
Brownie			420	X					X		