



Since the online menu doesn't allow customization, exact carb counts for removing half or whole buns isn't possible. Items with an asterisk (*) should only use half a bun so those carbs are saved for more nutritious and filling foods. Salad nutrition counts include all toppings and dressings! If it's not listed, it's not appropriate for the diet.

Item	Total Carbs	Protein
<u>BREAKFAST</u>		
Sausage, Egg & Cheese Burrito	24*	14
Classic Bacon, Egg & Cheese Sandwich	24*	18
Classic Sausage, Egg & Cheese Sandwich	25*	22
Sausage Biscuit	30*	13
Bacon, Egg & Cheese Biscuit	30*	17
Sausage, Egg & Cheese Biscuit	31*	21

Item	Total Carbs	Protein
<u>BURGERS</u>		
Jr. Hamburger	25	14
Jr. Bacon Cheeseburger	25	19
Jr. Cheeseburger	26	16
Double Stack	26	25
Jr. Cheeseburger Deluxe	27	16
Son of Baconator	37*	34
Dave's Single w/Cheese	40*	30

Item	Total Carbs	Protein
<u>CHICKEN</u>		
<u>CRISPY</u>		
Crispy Chicken Sandwich	33	14
Crispy Chicken BLT	35	20
<u>WRAPS</u>		
Grilled Chicken Wrap	26	20
Spicy Chicken Wrap	31	18
<u>NUGGETS</u>		
4 Crispy Chicken Nuggets	10	9
6 Crispy Chicken Nuggets	14	13
10 Crispy Chicken Nuggets	24	22
<u>GRILLED</u>		
Grilled Asiago Ranch Chicken Club	36*	44
Grilled S'Awesome Bacon Chicken Sandwich	37*	45
Grilled Chicken Sandwich	38*	35
Grilled Avocado BLT Chicken Sandwich	38*	45

Item	Size	Total Carbs	Protein
<u>SALADS</u>			
Parmesan Caesar Chicken Salad	Half	9	29
Parmesan Caesar Chicken Salad	Full	14	51
Southwest Avocado Chicken Salad	Half	10	22
Southwest Avocado Chicken Salad	Full	18	43
Garden Side Salad		19	7
Caesar Side Salad		21	11
Apple Pecan Chicken Salad	Half	29	20
Berry Burst Chicken Salad	Half	23	23
Berry Burst Chicken Salad	Full	41	42
<u>SIDES</u>			
Apple Bites		8	0
Strawberries & Blueberries		8	0
Chili	Sm	19	14
Chili	Lg	29	21
French Fries	Jr	30	3
<u>DRINKS</u>			
Fresh Brewed Coffee	Lg	0	1
Cold Brew Iced Coffee	Lg	5	1
Coca-Cola Zero Sugar	Lg	1	0
Diet Coke	Lg	1	0
Minute Maid Light Lemonade	Lg	2	0
Iced Tea	Lg	2	0
Honest Kids Fruit Punch		8	0
1% Milk		10	7