



Nutrition Facts

| Menu Items | Calories | Calories from Fat | Total Fat | Saturated Fat | Trans Fat | Cholesterol | Sodium | Carbohydrates | Dietary Fiber | Sugars | Protein |
|---------------------------------------|----------|-------------------|-----------|---------------|-----------|-------------|--------|---------------|---------------|--------|---------|
| Steakburgers | | | | | | | | | | | |
| 7x7 | 1660 | 1100 | 128g | 62g | 6g | 355mg | 3800mg | 29g | < 1g | 4g | 95g |
| Bacon N Cheese Double | 600 | 330 | 38g | 16g | 1.5g | 105mg | 1180mg | 29g | < 1g | 4g | 34g |
| Bacon N Cheese Single | 460 | 230 | 26g | 11g | 1g | 70mg | 1060mg | 29g | < 1g | 4g | 25g |
| Garlic Double | 730 | 430 | 50g | 17g | 1.5g | 90mg | 1340mg | 33g | 1g | 8g | 28g |
| Single w/Cheese | 390 | 170 | 20g | 9g | 1g | 50mg | 1160mg | 32g | 3g | 6g | 19g |
| Single w/o Cheese | 320 | 120 | 14g | 5g | 1g | 35mg | 820mg | 32g | 3g | 6g | 15g |
| The Original Double | 460 | 230 | 26g | 10g | 1.5g | 70mg | 980mg | 33g | 2g | 6g | 23g |
| The Original Double w/Cheese | 530 | 280 | 32g | 14g | 1.5g | 85mg | 1120mg | 32g | 3g | 6g | 27g |
| Triple w/ Cheese | 610 | 330 | 38g | 15g | 2.5g | 110mg | 920mg | 32g | 3g | 6g | 32g |
| Triple w/Cheese | 750 | 430 | 50g | 23g | 2.5g | 140mg | 1600mg | 32g | 3g | 6g | 40g |
| Western BBQ N Bacon | 790 | 350 | 43g | 16g | 1.5g | 105mg | 1440mg | 54g | 1g | 23g | 35g |
| Butter Steakburger | 870 | 570 | 65g | 30g | 1.5g | 150mg | 1150mg | 34g | 2g | 9g | 28g |
| Sandwiches | | | | | | | | | | | |
| Grilled Cheese | 620 | 360 | 43g | 14g | 0g | 30mg | 1090mg | 41g | 2g | 2g | 17g |
| Grilled Cheese N Bacon | 590 | 300 | 35g | 13g | 0g | 50mg | 1410mg | 41g | 2g | 2g | 24g |
| Melts | | | | | | | | | | | |
| Frisco Melt | 960 | 580 | 66g | 21g | 1.5g | 115mg | 1440mg | 51g | 2g | 12g | 34g |
| Chili | | | | | | | | | | | |
| Chili 3-Way | 710 | 190 | 21g | 9g | 1g | 45mg | 1380mg | 98g | 13g | 10g | 31g |
| Chili 5-Way | 1160 | 510 | 57g | 33g | 1g | 165mg | 2060mg | 103g | 13g | 11g | 59g |
| Chili Deluxe, Bowl | 1000 | 500 | 56g | 33g | 1g | 165mg | 1960mg | 71g | 14g | 5g | 58g |
| Chili Deluxe, Cup | 500 | 250 | 28g | 16g | 0.5g | 80mg | 980mg | 36g | 7g | 2g | 29g |
| Chili Mac | 1200 | 550 | 61g | 26g | 3.5g | 130mg | 2710mg | 112g | 9g | 16g | 46g |
| Sides | | | | | | | | | | | |
| Applesauce | 90 | 0 | 0g | 0g | 0g | 0mg | 10mg | 22g | 2g | 18g | 0g |
| Chicken Fingers (3) | 330 | 160 | 18g | 3g | 0g | 60mg | 900mg | 22g | 2g | 0g | 21g |
| Onion Rings, Large | 660 | 310 | 35g | 6g | 0g | < 5mg | 1890mg | 79g | 5g | 7g | 8g |
| Onion Rings, Medium | 330 | 160 | 17g | 3g | 0g | 0mg | 940mg | 39g | 2g | 3g | 4g |
| French Fries | | | | | | | | | | | |
| Large | 650 | 310 | 34g | 6g | 0g | < 5mg | 1390mg | 79g | 7g | 1g | 6g |
| Medium | 450 | 210 | 24g | 4g | 0g | 0mg | 930mg | 54g | 5g | < 1g | 4g |
| Small | 240 | 120 | 13g | 2.5g | 0g | 0mg | 550mg | 30g | 3g | 0g | 2g |
| Kids | 150 | 70 | 8g | 1.5g | 0g | 0mg | 510mg | 19g | 2g | 0g | 1g |
| Cheese French Fries, Large | 790 | 400 | 45g | 10g | 4g | 10mg | 2390mg | 88g | 7g | 3g | 9g |
| Cheese French Fries, Medium | 590 | 300 | 35g | 8g | 4g | 10mg | 1940mg | 63g | 5g | 3g | 8g |
| Cheese French Fries, Small | 320 | 160 | 18g | 4g | 2g | 5mg | 1050mg | 34g | 3g | 1g | 4g |
| Chili Cheese Fries, Large | 1070 | 480 | 53g | 14g | 1g | 40mg | 2990mg | 120g | 14g | 4g | 26g |
| Chili Cheese Fries, Medium | 760 | 350 | 39g | 10g | 0.5g | 30mg | 2280mg | 83g | 9g | 3g | 18g |
| Chili Cheese Fries, Small | 430 | 190 | 22g | 6g | 0g | 20mg | 1290mg | 47g | 5g | 2g | 11g |
| Add-Ons | | | | | | | | | | | |
| American Cheese | 70 | 50 | 6g | 4g | 0g | 15mg | 340mg | 0g | 0g | 0g | 4g |
| Chili (for fries) | 170 | 50 | 6g | 2.5g | 0g | 15mg | 380mg | 19g | 4g | < 1g | 9g |
| Grilled Onions | 30 | 20 | 2.5g | 1g | 0g | 0mg | 30mg | 2g | 0g | 2g | 0g |
| Bacon | 60 | 45 | 5g | 2g | 0g | 10mg | 170mg | 0g | 0g | 0g | 4g |
| Steakburger Patty (1) | 140 | 100 | 12g | 5g | 1g | 35mg | 160mg | 0g | 0g | 0g | 9g |
| Steak Frank | | | | | | | | | | | |
| Steak Frank | 390 | 200 | 23g | 9g | 1g | 45mg | 1140mg | 32g | 1g | 5g | 13g |
| Steak Frank - Chili Cheese | 710 | 400 | 44g | 22g | 1.5g | 115mg | 1620mg | 46g | 4g | 5g | 33g |
| Kids | | | | | | | | | | | |
| Chicken Fingers and Fries | 380 | 220 | 25g | 4.5g | 0g | 40mg | 1140mg | 25g | 2g | 0g | 15g |
| Steakburger and Fries | 460 | 240 | 27g | 8g | 1g | 35mg | 970mg | 39g | 1g | 4g | 15g |
| Steakburger w/Cheese and Fries | 530 | 290 | 33g | 12g | 1g | 50mg | 1310mg | 39g | 1g | 4g | 19g |
| Steak Frank and Fries | 540 | 320 | 36g | 11g | 1g | 45mg | 1560mg | 40g | 1g | 4g | 13g |
| Grilled Cheese and Fries | 780 | 480 | 56g | 16g | 0g | 30mg | 1620mg | 51g | 2g | 2g | 18g |
| Beverages | | | | | | | | | | | |
| Barq's Root Beer - 12 oz (w/ ice) | 70 | 0 | 0g | 0g | 0g | 0mg | 15mg | 18g | 0g | 18g | 0g |
| Barq's Root Beer - 20 oz (w/ ice) | 110 | 0 | 0g | 0g | 0g | 0mg | 25mg | 30g | 0g | 30g | 0g |
| Barq's Root Beer - 22 oz (w/ ice) | 120 | 0 | 0g | 0g | 0g | 0mg | 25mg | 33g | 0g | 33g | 0g |
| Barq's Root Beer - 44 oz (w/ ice) | 250 | 0 | 0g | 0g | 0g | 0mg | 0mg | 66g | 0g | 66g | 0g |
| Coffee-Brewed | 0 | 0 | 0g | 0g | 0g | 0mg | 0mg | 0g | 0g | 0g | 0g |
| Coke Classic - 12 oz (w/ ice) | 60 | 0 | 0g | 0g | 0g | 0mg | 0mg | 16g | 0g | 16g | 0g |
| Coke Classic - 20 oz (w/ ice) | 100 | 0 | 0g | 0g | 0g | 0mg | 0mg | 27g | 0g | 27g | 0g |
| Coke Classic - 22 oz (w/ ice) | 110 | 0 | 0g | 0g | 0g | 0mg | 0mg | 30g | 0g | 30g | 0g |
| Coke Classic - 44 oz (w/ ice) | 220 | 0 | 0g | 0g | 0g | 0mg | 5mg | 59g | 0g | 59g | 0g |
| Coke Zero Sugar - 12 oz (w/ ice) | 0 | 0 | 0g | 0g | 0g | 0mg | 25mg | 0g | 0g | 0g | 0g |
| Coke Zero Sugar - 20 oz (w/ ice) | 0 | 0 | 0g | 0g | 0g | 0mg | 40mg | 0g | 0g | 0g | 0g |
| Coke Zero Sugar - 22 oz (w/ ice) | 0 | 0 | 0g | 0g | 0g | 0mg | 45mg | 0g | 0g | 0g | 0g |
| Coke Zero Sugar - 24 oz (w/ ice) | 0 | 0 | 0g | 0g | 0g | 0mg | 90mg | 0g | 0g | 0g | 0g |
| Diet Coke - 12 oz (w/ ice) | 0 | 0 | 0g | 0g | 0g | 0mg | 5mg | 0g | 0g | 0g | 0g |
| Diet Coke - 20 oz (w/ ice) | 0 | 0 | 0g | 0g | 0g | 0mg | 10mg | 0g | 0g | 0g | 0g |
| Diet Coke - 22 oz (w/ ice) | 0 | 0 | 0g | 0g | 0g | 0mg | 10mg | 0g | 0g | 0g | 0g |
| Diet Coke - 44 oz (w/ ice) | 0 | 0 | 0g | 0g | 0g | 0mg | 20mg | 0g | 0g | 0g | 0g |
| Chocolate Milk (7 fl oz bottle) | 150 | 20 | 2.5g | 1.5g | 0g | 10mg | 170mg | 26g | 1g | 23g | 7g |
| Milk (7 fl oz bottle) | 90 | 20 | 2g | 1.5g | 0g | 10mg | 105mg | 10g | 0g | 10g | 7g |
| Minute Maid Lemonade - 12 oz (w/ ice) | 60 | 0 | 0g | 0g | 0g | 0mg | 25mg | 16g | 0g | 15g | 0g |
| Minute Maid Lemonade - 20 oz (w/ ice) | 90 | 0 | 0g | 0g | 0g | 0mg | 45mg | 27g | 0g | 25g | 0g |
| Minute Maid Lemonade - 22 oz (w/ ice) | 100 | 0 | 0g | 0g | 0g | 0mg | 50mg | 30g | 0g | 27g | 0g |
| Minute Maid Lemonade - 44 oz (w/ ice) | 210 | 0 | 0g | 0g | 0g | 0mg | 95mg | 59g | 0g | 55g | 0g |
| Sprite - 12 oz (w/ ice) | 60 | 0 | 0g | 0g | 0g | 0mg | 15mg | 16g | 0g | 16g | 0g |
| Sprite - 20 oz (w/ ice) | 100 | 0 | 0g | 0g | 0g | 0mg | 20mg | 26g | 0g | 26g | 0g |
| Sprite - 22 oz (w/ ice) | 110 | 0 | 0g | 0g | 0g | 0mg | 25mg | 29g | 0g | 29g | 0g |
| Sprite - 44 oz (w/ ice) | 210 | 0 | 0g | 0g | 0g | 0mg | 50mg | 57g | 0g | 27g | 0g |
| Tea - Iced, 20 oz (w/ ice) | 0 | 0 | 0g | 0g | ** | 0mg | 10mg | 1g | 0g | 0g | 0g |
| Tea - Sweet, 20 oz (w/ ice) | 110 | 0 | 0g | 0g | ** | 0mg | 10mg | 28g | 0g | 27g | 0g |
| Tea - Sweet, 24 oz (w/ ice) | 130 | 0 | 0g | 0g | ** | 0mg | 15mg | 35g | 0g | 34g | 0g |
| Tea - Sweet, 44 oz (w/ ice) | 250 | 0 | 0g | 0g | ** | 0mg | 25mg | 64g | 0g | 61g | 0g |
| Milkshakes | | | | | | | | | | | |
| | Calories | Calories from Fat | Total Fat | Saturated Fat | Trans Fat | Cholesterol | Sodium | Carbohydrates | Dietary Fiber | Sugars | Protein |

| | | | | | | | | | | | |
|---|-----|-----|-----|-----|----|-------|-------|------|------|------|-----|
| Banana - Regular | 700 | 170 | 17g | 12g | 0g | 75mg | 240mg | 126g | 6g | 92g | 40g |
| Birthday Cake Shake - Regular | 840 | 240 | 26g | 15g | 0g | 100mg | 410mg | 136g | 0g | 115g | 39g |
| Birthday Cake Shake - Small/Kids | 500 | 140 | 15g | 9g | 0g | 50mg | 260mg | 82g | 0g | 70g | 17g |
| Butterfinger® - Regular | 760 | 210 | 22g | 14g | 0g | 75mg | 320mg | 128g | < 1g | 107g | 39g |
| Butterfinger® - Small/Kids | 520 | 140 | 15g | 10g | 0g | 40mg | 250mg | 87g | < 1g | 71g | 18g |
| Cotton Candy - Regular | 620 | 160 | 17g | 12g | 0g | 75mg | 250mg | 104g | 0g | 94g | 37g |
| Cotton Candy - Small/Kids | 370 | 90 | 9g | 7g | 0g | 40mg | 170mg | 63g | 0g | 57g | 16g |
| Chocolate - Regular | 600 | 160 | 17g | 12g | 0g | 75mg | 280mg | 101g | 1g | 84g | 38g |
| Chocolate - Small/Kids | 380 | 90 | 10g | 7g | 0g | 40mg | 200mg | 66g | < 1g | 55g | 16g |
| Cookie Dough - Regular | 760 | 210 | 22g | 14g | 0g | 75mg | 320mg | 127g | < 1g | 107g | 38g |
| Cookie Dough - Small/Kids | 510 | 140 | 15g | 10g | 0g | 40mg | 260mg | 86g | < 1g | 71g | 18g |
| Egg Nog - Regular | 630 | 170 | 17g | 12g | 0g | 75mg | 260mg | 106g | 0g | 97g | 38g |
| Egg Nog - Small/Kids | 380 | 90 | 10g | 7g | 0g | 40mg | 180mg | 64g | 0g | 58g | 16g |
| Kit Kat®, Kids/Small | 460 | 130 | 14g | 10g | 0g | 40mg | 190mg | 76g | 0g | 66g | 18g |
| Kit Kat®, Regular | 710 | 200 | 21g | 14g | 0g | 75mg | 260mg | 116g | 0g | 102g | 38g |
| M&M's® - Regular | 790 | 220 | 24g | 16g | 0g | 75mg | 270mg | 131g | 1g | 116g | 39g |
| M&M's® - Small/Kids | 550 | 150 | 16g | 11g | 0g | 40mg | 200mg | 90g | 1g | 80g | 18g |
| Nutella - Regular | 820 | 340 | 36g | 18g | 0g | 75mg | 260mg | 110g | 2g | 98g | 40g |
| Nutella - Small/Kids | 480 | 190 | 20g | 10g | 0g | 40mg | 190mg | 68g | < 1g | 61g | 18g |
| Oreo® Cookies 'n Cream - Regular | 730 | 200 | 22g | 13g | 0g | 75mg | 350mg | 122g | 0g | 102g | 38g |
| Oreo® Cookies 'n Cream - Small/Kids | 490 | 130 | 14g | 8g | 0g | 40mg | 280mg | 82g | 0g | 67g | 17g |
| Oreo® Mint - Regular | 730 | 200 | 22g | 13g | 0g | 75mg | 350mg | 120g | < 1g | 104g | 38g |
| Oreo® Mint - Small/Kids | 510 | 130 | 14g | 8g | 0g | 40mg | 280mg | 87g | 0g | 74g | 17g |
| Oreo Red Velvet Milk Shake - Regular | 960 | 270 | 30g | 16g | 0g | 100mg | 550mg | 157g | 1g | 130g | 41g |
| Oreo Red Velvet Milk Shake - Small/Kids | 600 | 170 | 19g | 10g | 0g | 55mg | 380mg | 99g | < 1g | 80g | 19g |
| Peppermint Chocolate Chip - Regular | 750 | 200 | 21g | 15g | 0g | 75mg | 260mg | 127g | 0g | 115g | 38g |
| Peppermint Chocolate Chip - Small/Kids | 500 | 130 | 14g | 11g | 0g | 40mg | 200mg | 86g | 0g | 77g | 17g |
| Reese's® Chocolate PB - Regular | 980 | 440 | 47g | 17g | 0g | 75mg | 510mg | 118g | 5g | 94g | 48g |
| Reese's® Chocolate PB - Small/Kids | 560 | 230 | 25g | 10g | 0g | 40mg | 310mg | 71g | 2g | 58g | 22g |
| Reese's® Peanut Butter - Regular | 900 | 430 | 47g | 17g | 0g | 75mg | 460mg | 98g | 3g | 83g | 47g |
| Reese's® Peanut Butter - Small/Kids | 550 | 230 | 24g | 9g | 0g | 40mg | 290mg | 69g | 2g | 59g | 21g |
| Reese's® Peanut Butter Cup - Regular | 780 | 240 | 25g | 16g | 0g | 75mg | 280mg | 125g | < 1g | 111g | 39g |
| Reese's® Peanut Butter Cup - Small/Kids | 530 | 170 | 18g | 12g | 0g | 40mg | 210mg | 84g | < 1g | 75g | 18g |
| Strawberry - Regular | 610 | 160 | 17g | 12g | 0g | 75mg | 250mg | 103g | 0g | 94g | 37g |
| Strawberry - Small/Kids | 400 | 90 | 9g | 7g | 0g | 40mg | 170mg | 71g | 0g | 65g | 16g |
| Vanilla - Regular | 620 | 160 | 17g | 12g | 0g | 75mg | 240mg | 105g | 0g | 93g | 37g |
| Vanilla - Small/Kids | 400 | 90 | 9g | 7g | 0g | 40mg | 170mg | 72g | 0g | 64g | 16g |
| White Chocolate - Regular | 630 | 170 | 18g | 12g | 0g | 75mg | 240mg | 105g | 0g | 96g | 37g |
| White Chocolate - Small/Kids | 390 | 100 | 10g | 8g | 0g | 40mg | 180mg | 66g | 0g | 60g | 16g |