



	Calories	Total Fat(g)	Sat Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Sodium(mg)
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### Burgers - on homemade buns

Klassic Kyle	440	19	8	46	1	22	916
Cheesy Pig	500	25	9	43	1	24	807
California Club	420	21	4	34	4	24	459
Mountain Climber	460	18	8	49	1	23	855
Makin' Blue Bacon	520	26	9	47	1	24	895
Ahi in my Body	480	18	3	48	5	30	618
Rustic Tuscan	390	13	3	43	1	25	704
Earth Burger	490	24	3	59	6	13	1030
Bacon & Egg Burger	500	22	9	44	1	30	792

### Salads - small size (includes dressing)

Seared Ahi	250	11	1	23	4	14	867
Quinoa Keen-what?	200	11	1	19	5	7	110
Kale & Cranberry	360	24	5	29	3	11	215
9 Iron or Wedge?	200	12	5	13	2	9	614
All Hail Caesar	170	9	2	14	3	6	448
Thai Peanut	200	11	1	22	4	6	249
Farmhouse <sup>1</sup>	130	5	1	18	5	7	133
Kickin' Cowboy	220	14	4	16	4	7	714
Kyle's Kobb <sup>1</sup>	180	13	6	6	3	10	352
Add Grilled Chicken	80	3	1	0	0	12	62
Add Garlic Herb Roll	120	2	1	21	0	4	229

### Salad Dressings<sup>2</sup> - small size portion

Caesar Dressing	80	5	1	5	0	2	338
Jalapeño Ranch Dressing	80	5	1	6	0	2	299
Ranch Dressing	80	5	1	6	0	2	299
Sesame Ginger Dressing	70	5	1	7	0	1	541
Thai Peanut Dressing	80	7	1	4	0	1	104
Vinaigrette Dressing	130	14	1	0	0	0	2

### Soups - 12oz

Chicken Noodle	160	5	1	17	2	12	1384
Harvest Vegetable	120	2	0	25	5	4	847
Carrot Curry	190	12	10	23	6	2	103
Potato Cheddar	240	9	5	38	3	6	1009
Tomato Basil	130	1	0	23	2	5	299

### Fries

Hand-Cut French Fries	330	22	2	32	5	4	400
Fire Fries	480	32	6	41	5	9	962
Stinky Pig Fries	500	34	7	39	5	11	996

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### Kids Menu & Dessert

Kids Hamburger	350	12	6	43	1	18	556
Kids Cheeseburger	420	17	8	43	1	22	659
Kids Chicken Burger	330	13	5	31	2	22	296
Kids Grilled Cheese	320	12	7	42	1	13	602
Kids Fries	170	11	1	16	3	2	200
Kids Strawberries	30	0	0	7	2	1	1
Chocolate Chip Cookie	160	8	5	21	1	2	92

### Fountain Drinks<sup>3</sup>

Pepsi	150	0	0	41	0	0	30
Diet Pepsi	0	0	0	0	0	0	35
Sierra Mist Natural	150	0	0	37	0	0	35
Mountain Dew	170	0	0	46	0	0	65

### Lemonades & Juices

Real Lemonade	200	0	0	49	0	0	16
Berrylicious Lemonade	210	0	0	52	1	0	16
Cucumber Mint	150	0	0	38	0	0	16
Pink Juice	210	0	0	47	2	3	0

### Shakes

Chocolate Malt	910	44	32	106	1	18	375
Fat Guerilla	810	40	28	90	3	21	404
Birthday Cake	760	40	28	83	0	16	396
Chocolate Shake	760	38	28	85	1	16	310
Mint Chocolate Chip Shake	690	38	28	70	0	16	298
Strawberry Shake	710	38	28	74	1	16	298
Vanilla Shake	690	38	28	70	0	16	298
Make it Skinny! (non fat froyo)	-240	-31	-22	2	0	3	177

1 - Does not include choice of dressing.

2 - Dressing based on small size portion (avg. 1.7 oz). (Multiply by 2 for large size.)

3- Self-serve beverages & lemonade are based on 20 oz. cup w/ 12 oz. liquid & 8 oz. ice.

4- Includes side sauce

Updated 2/2015. Nutrition information subject to change without notice.