



NUTRITIONAL INFO



BREAKFAST TACOS (170 - 330 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Sausage Breakfast Taco with Corn Tortilla	330	17	29	0	0	18	450	Egg, Milk
Veggie Taco with Corn Tortilla	210	6	33	3	0	9	65	Egg
Taco - Sausage, Egg and Cheese (Flour)	310	17	19	0	0	18	710	Egg, Milk
Veggie Breakfast Taco with Flour Tortilla	190	6	24	3	0	9	330	Egg, Soy, Wheat
Standard Breakfast Taco - Corn Tortilla	190	6	28	0	0	9	60	Egg
Standard Breakfast Taco (Eggs only, 1 Flour Tortilla)	170	6	18	0	0	9	320	Egg, Soy, Wheat

BREAKFAST PLATTERS (500 - 560 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Breakfast Platter Bacon	500	24	45	3	3.14	22	880	Egg, Soy, Wheat
Breakfast Sausage Platter	560	29	45	3	3.14	29	1200	Egg, Soy, Wheat

BREAKFAST BOWL (120 - 300 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Breakfast Bowl - Bacon & Sausage	300	22	1	0	0	22	720	Egg
Breakfast Bowl - Tomatoes & Spinach	130	8	2	1	0	11	125	Egg
Standard Breakfast Bowl (Eggs Only)	120	8	1	0	0	11	120	Egg

BREAKFAST SANDWICH (400 - 430 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Breakfast Sandwich - Bacon	400	17	44	11	2.08	16	800	Egg, Milk, Wheat, Soy, Sesame
Breakfast Sandwich - Sausage	430	20	44	11	2.08	19	960	Egg, Milk, Wheat, Soy, Sesame

PANCAKES (370 - 370 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Pancakes	370	6	67	21	16.07	7	850	Egg, Milk, Wheat, Soy

BREAKFAST EXTRAS (45 - 70 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Mild Cheddar Cheese (1 slice)	70	6	0	0	0	4	110	Milk
American Cheese (2 Slices)	60	6	1	0	0	3	310	Milk, Soy
Mild Cheddar Cheese (shred)	70	6	1	0	0	4	110	Milk
Pepper Jack (1 slice)	60	5	0	0	0	4	100	Milk

BREAKFAST BEVERAGES (5 - 160 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Orange Juice	160	0	37	33	0	2	0	
Coffee	5	0	0	0	0	0	10	

HAT CREEK BURGERS (300 - 910 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Big Hat	610	29	44	8	0	44	660	Milk, Wheat, Sesame
Little Hat	300	12	30	6	0	18	420	Milk, Wheat, Sesame
Turkey Burger	340	11	45	12	2.08	16	600	Milk, Wheat, Sesame
Veggie Burger	560	25	70	12	2.08	14	980	Milk, Wheat, Soy, Sesame
The Cowboy	740	43	39	8	0	49	1020	Milk, Wheat, Sesame
The Southwest	750	42	39	6	0	52	750	Milk, Wheat, Sesame
The Classic	620	35	38	9	0.78	38	890	Egg, Milk, Wheat, Soy, Sesame
The Pretzel Jack	910	54	53	8	4.95	56	930	Egg, Milk, Wheat

BURGER BOWLS (340 - 480 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Vegan Burger Bowl	340	14	47	6	0	10	460	Soy
Keto Burger Bowl	480	36	5	0	0	33	580	Milk
Paleo Burger	410	28	25	5	0	13	410	

CHICKEN (180 - 650 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Classic Grilled Chicken	510	23	58	12	2.08	19	1000	Egg, Milk, Wheat, Sesame
Chicken Flashers Sandwich	330	14	27	3	2.42	25	830	Egg, Milk, Wheat, Soy
4-Piece Chicken Nuggets	180	5	13	0	0	20	260	Milk
6-Piece Chicken Nuggets	270	8	19	0	0	30	390	Milk
Fried Chicken Sandwich	500	18	49	7	0.27	33	920	Egg, Milk, Wheat, Sesame

CHICKEN NUGGETS (220 - 330 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Chicken Nuggets Plain (8 piece)	330	17	25	2	0.24	17	860	Milk
Buffalo Chicken Nuggets (6 piece)	300	21	20	1	0	12	2200	Milk, Soy
Buffalo Chicken Nuggets (4 piece)	220	15	14	1	0	9	1740	Milk, Soy

NUGGET COMBO HIGH CALORIE (120-210 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Buffalo Chicken Nuggets (8 Piece) High Calorie	210	10	29	14	13.44	4	1080	Milk, Soy
Buffalo Chicken Nuggets (6 Piece) High Calorie	170	7	24	12	11.82	3	760	Milk, Soy
Buffalo Chicken Nuggets (4 Piece) High Calorie	120	4.5	19	10	9.46	2	520	Milk, Soy

NUGGET COMBO LOW CALORIE (80 - 160 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Buffalo Chicken Nuggets (8 Piece) Low Calorie	160	10	16	0	0	4	1080	Milk, Soy
Buffalo Chicken Nuggets (6 Piece) Low Calorie	120	7	13	0	0	3	750	Milk, Soy
Buffalo Chicken Nuggets (4 Piece) Low Calorie	80	4.5	9	0	0	2	520	Milk, Soy

HAT DOGS (290-440 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Plain Hat Dog	290	14	25	6	3.27	12	760	Milk, Wheat, Sesame

SALADS & DRESSINGS (45 - 750 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Honey Mustard Dressing	150	13	4	4	4.5	0	220	Egg, Soy
Vinaigrette	100	10	2	1	0.94	0	360	
Ranch Dressing	60	6	1	0	0	0	85	Egg, Milk
Balsamic Dressing	45	3.5	4	3	2.93	0	150	
Crispy Chicken Cobb Salad	750	46	42	3	0.27	43	1830	Egg, Milk
Chicken Caesar Salad	690	51	18	3	0	39	1390	Dairy, Soy, Wheat

SIDES & EXTRAS (0 - 1410 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
French Fries	580	31	68	1	0	9	990	
Tater Tots	500	33	44	0	0	7	530	
Sweet Potato Fries	430	23	53	9	4.55	5	125	
Fried Pickles	430	38	17	0	0	5	2100	Milk
Side Salad	60	3	4	2	0	4	230	Milk
Grilled Onions	20	0	4	2	0	0	0	
Jalapenos	0	0	0	0	0	0	120	
American Cheese	50	4.5	1	0	0	3	260	Milk, Soy
Shredded Cheddar Cheese	60	4.5	1	0	0	3	95	Milk
Cheddar Cheese Slice	60	5	0	0	0	3	95	Milk

SIDES & EXTRAS (CONT.)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Feta Cheese	35	3	1	1	0	2	160	Milk
Pepper Jack Cheese	50	4	0	0	0	3	85	Milk
Bacon	45	3.5	0	0	0	3	140	
Avocado	35	3	2	0	0	0	0	
Add a Beef Patty	200	17	0	0	0	11	45	
Add A Turkey Patty	90	6	0	0	0	10	50	
Add A Chicken Breast	170	3.5	0	0	0	35	60	
Add A Veggie Patty	310	20	24	1	0	8	430	Soy
Gluten Free Bun	220	7	38	3	2	4	320	
Loaded Fries	1410	83	130	1	0	36	2090	Milk
Loaded Tots	1250	89	76	0	0	36	1760	Milk
Pretzel Bun	250	7	45	5	4.54	7	260	Wheat
Side of Queso	180	14	5	1	0	8	930	Milk
Chips and Queso	630	38	55	2	0	17	1680	Milk, Sesame
Side of Fry Sauce	260	26	6	5	4.86	0	340	
Side of Hat Sauce	200	20	6	3	3.04	0	470	
Side of Happy Sauce	250	26	3	0	0	0	260	

KIDS MENU - MAINS (140 - 380 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Tiny Hat	250	10	29	7	1.95	10	260	Milk, Wheat, Sesame
Grilled Cheese	360	15	44	7	6.61	12	970	Soy, Milk, Wheat

KIDS MENU - SIDES (45 - 280 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
3 Piece Nuggets	140	4.5	10	0	0	16	200	Milk
Kids Hat Dog	380	20	32	10	7.74	16	1050	Milk, Wheat
Kids Fries	240	13	28	0	0	4	420	
Kids Sweet Fries	280	15	34	6	2.92	3	80	
Kids Tots	270	18	24	0	0	4	290	
Apple Pouch	45	0	12	8	0	0	0	
Fruit Cup	90	0	22	18	0	1	5	

KIDS MENU - DRINKS (0 - 170 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Milk	110	2.5	13	12	0	8	130	Milk
Chocolate Milk	120	0	20	18	13	8	180	Milk
Honest Kids Juice	40	0	10	9	0	0	5	
Coke	140	0	40	40	39.98	0	50	
Diet Coke	0	0	0	0	0	0	40	
Dr. Pepper	150	0	40	38	38.4	0	60	
Sprite	140	0	38	38	38	0	65	
Lemonade, Minute Maid	170	0	43	42	0	0	20	
Coke Zero	0	0	0	0	0	0	40	
Sports Drink, Mountain Berry Blast	80	0	21	21	21	0	150	
Lemonade, Strawberry, Premium	120	0	33	30	30	0	30	
Root Beer, Barq's	170	0	44	44	44	0	65	
Diet Dr. Pepper	0	0	0	0	0	0	60	

BEVERAGES - SOFT DRINKS (0-450 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Coke	240	0	67	67	66.63	0	80	
Coke	380	0	107	107	106.61	0	130	
Diet Coke	0	0	0	0	0	0	65	
Diet Coke	0	0	0	0	0	0	105	
Dr. Pepper	250	0	66	64	64	0	100	
Dr. Pepper	400	0	106	102	102.4	0	160	
Sprite	230	0	63	63	63.33	0	110	
Sprite	370	0	101	101	101.33	0	170	
Lemonade, Minute Maid	280	0	72	70	0	0	35	
Lemonade, Minute Maid	440	0	116	112	0	0	60	
Coke Zero	0	0	0	0	0	0	65	
Coke Zero	0	0	0	0	0	0	105	
Sports Drink, Mountain Berry Blast	130	0	35	35	35	0	250	
Sports Drink, Mountain Berry Blast	210	0	56	56	56	0	400	
Lemonade, Strawberry, Premium	200	0	55	50	50	0	50	
Lemonade, Strawberry, Premium	320	0	88	80	80	0	80	
Root Beer, Barq's	280	0	73	73	73.33	0	110	
Root Beer, Barq's	450	0	117	117	117.33	0	170	
Diet Dr. Pepper	0	0	0	0	0	0	100	
Diet Dr. Pepper	0	0	0	0	0	0	160	

BEVERAGES-BEER & WINE (130-290 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Rosē	180	0	8	8	0	1	10	
Sauvigon Blanc	150	0	2	0	0	0	5	
Pinot Noir	180	0	4	0	0	0	0	
Michelob Ultra	130	0	3	0	0	1	0	Wheat
Bud Light	150	0	9	0	0	1	0	Wheat
Miller Light	130	0	4	0	0	1	5	Wheat
Rolling Rock Extra Pale Lager	170	0	13	0	0	2	0	Wheat
Saint Archer Blonde Ale	200	0	17	0	0	2	25	Wheat
Bitter Beer, less than 5% ABV, strong	150	0	8	8	0	1	30	Wheat
Leffe	290	0	26	0	0	0	0	Wheat

MILKSHAKES (500 - 1030 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Birthday Cake Shake 9oz	500	12	88	78	61.52	11	230	Egg, Milk, Soy, Wheat
Birthday Cake Shake, Small (12 oz)	660	16	118	104	82.02	14	300	Egg, Milk, Soy, Wheat
Birthday Cake Shake 16 oz	880	21	157	139	109.37	19	400	Egg, Milk, Soy, Wheat
Dirt Worm Shake, 9 oz	580	11	108	94	75.59	13	250	Wheat, Milk, Soy
Dirt Worm Shake, 12 oz	740	15	137	120	95.78	17	320	Wheat, Milk, Soy
Dirt Worm Shake, 16 oz	950	20	175	154	122.71	21	420	Wheat, Milk, Soy
Grasshopper Shake, 9 oz	500	11	89	84	67.32	11	220	Wheat, Milk, Soy
Grasshopper Shake, 12 oz	670	15	119	112	89.76	14	290	Wheat, Milk, Soy

MILKSHAKES (CONT.)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Grasshopper Shake, 16 oz	890	20	159	149	119.68	19	390	Wheat, Milk, Soy
Peanut Butter Cup Shake, 9 oz	580	23	80	73	55.63	17	300	Milk, Peanuts
Peanut Butter Cup Shake, 12 oz	770	31	107	97	74.17	22	390	Milk, Peanuts
Peanut Butter Cup Shake, 16 oz	1030	42	143	130	98.89	29	530	Milk, Peanuts
Nutella Bacon Milkshake 12 fl oz	730	33	91	66	42.3	16	470	Milk, Soy, Tree Nuts
Nutella Bacon Milkshake 16 fl oz	990	46	125	91	55.56	20	570	Milk, Soy, Tree Nuts
Cotton Candy Milkshake 12 fl oz	600	16	103	78	75.43	11	290	Milk
Cotton Candy Milkshake 16 fl oz	800	21	137	104	101.94	14	390	Milk
Cookies and Cream 9 fl oz	500	26	61	38	37.25	9	280	Wheat, Milk, Soy
Cookies and Cream 12 fl oz	660	31	84	53	51.84	12	390	Wheat, Milk, Soy
Cookies and Cream 16 fl oz	870	40	113	71	69.92	16	530	Wheat, Milk, Soy

BUILD YOUR OWN MILKSHAKE (60-830 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Gummy Worms	110	0	23	17	15	2	20	
Mint Syrup	90	0	22	22	22.27	0	0	
Peanut Butter	190	16	7	3	1.85	7	135	Peanuts
Sprinkles	100	2	22	16	15.6	0	0	Soy
White Cake Mix	60	2	11	8	7	1	60	Eggs, Soy, Wheat
Chocolate Shake, 9 oz	470	10	85	80	61.81	12	200	Milk
Chocolate Shake, 12 oz	620	13	113	107	82.42	16	260	Milk
Chocolate Shake, 16 oz	830	18	151	142	109.89	21	350	Milk

BUILD YOUR OWN MILKSHAKE (CONT.)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Strawberry Shake, 9 oz	430	9	75	72	53.26	11	180	Milk
Strawberry Shake, 12 oz	570	13	100	95	71.01	15	240	Milk
Strawberry Shake, 16 oz	760	17	134	127	94.68	20	320	Milk
Vanilla Shake, 9 oz	420	10	70	68	48.68	12	200	Milk
Vanilla Shake, 12 oz	560	14	93	90	64.91	16	270	Milk
Vanilla Shake, 16 oz	740	19	124	121	86.55	22	360	Milk