



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	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
Bacon Royale	650	38	33	7	0	43	1310	Milk, Wheat, Soy, Sesame
Big Hat	430	23	26	6	0	29	540	Milk, Wheat, Sesame
Little Hat	300	14	28	6	0	17	520	Milk, Wheat, Sesame
Pretzel Jack	590	35	29	4	2.66	39	530	Milk, Wheat, Soy, Sesame
The Cowboy	710	43	33	8	2.19	45	1100	Milk, Wheat, Sesame
The Southwest	700	42	31	6	0.01	47	810	Milk, Wheat, Sesame
Turkey Burger	390	21	18	4	0	33	490	Milk, Wheat, Sesame
The Verde Burger	620	35	36	7	0.01	40	970	Milk, Wheat, Sesame
Veggie Burger	410	15	53	7	0	13	1050	Milk, Wheat, Soy, Sesame

BURGER BOWLS (340 - 480 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Turkey Jack Bowl	360	22	4	1	0	37	340	Milk
Keto Burger Bowl	480	36	5	0	0	33	580	Milk
Paleo Burger	410	28	25	5	0	13	410	

SANDWICHES (370 - 460 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Grilled Chicken Sandwich	420	16	33	7	0	35	980	Milk, Wheat, Sesame, Egg, Soy
Fried Chicken Sandwich	460	20	38	5	0	32	1320	Milk, Wheat, Sesame, Egg, Soy

CHICKEN NUGGETS (140 - 470 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Chicken Nuggets 3 piece	140	5	6	0	0	17	570	Milk
Chicken Nuggets 4 piece	170	6	8	0	0	20	670	Milk
Chicken Nuggets 6 piece	250	9	11	0	0	30	1000	Milk
Chicken Nuggets 8 piece	360	14	16	0	0	43	1460	Milk
Chicken Nuggets w BBQ Sauce 4 piece	220	6	20	9	7.94	21	1140	Milk
Chicken Nuggets w BBQ Sauce 6 piece	330	9	30	14	11.91	31	1700	Milk
Chicken Nuggets w BBQ Sauce 8 piece	470	14	41	18	15.88	45	2390	Milk
Chicken Nuggets w Buffalo Sauce 4 piece	180	7	9	0	0	20	1170	Milk, Soy
Chicken Nuggets w Buffalo Sauce 6 piece	260	11	13	0	0	30	1750	Milk, Soy
Chicken Nuggets w Buffalo Sauce 8 piece	380	16	19	0	0	43	2450	Milk, Soy
Chicken Nuggets w Hot Honey 4 piece	210	6	20	11	11.02	20	970	Milk
Chicken Nuggets w Hot Honey 6 piece	320	9	30	17	16.54	30	1450	Milk
Chicken Nuggets w Hot Honey 8 piece	460	14	42	22	22.05	43	2050	Milk

HAT DOG

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Hot Dog	370	21	33	6	0	11	960	Milk, Wheat, Sesame

SALADS & DRESSINGS (45 - 750 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Crispy Chicken Cobb Salad	750	46	42	3	0.27	43	1830	Egg, Milk
Cheeseburger Salad	400	26	14	3	0	29	590	Milk
Grilled Chicken Cobb Salad	740	39	13	3	0	84	1000	Egg
Southwest Salad	550	21	34	3	0.5	55	1570	Egg
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, Soy
Balsamic Dressing	45	3.5	4	3	2.93	0	150	
Chipolte Ranch Salad Dressing 1.5oz	170	17	3	2	0	1	360	Egg, Milk, Soy

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	Soy
Tater Tots	500	33	44	0	0	7	530	Soy
Sweet Potato Fries	430	23	53	9	4.55	5	125	Soy
Fried Pickles	430	38	17	0	0	5	2100	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
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	Soy
Add A Veggie Patty	310	20	24	1	0	8	430	Soy
Gluten Free Bun	220	7	38	3	2	4	320	
Regular Fries	320	17	40	0	0	3	780	
Regular Queso Fries	1310	83	79	1	0	52	3620	Milk, Sesame
Regular Queso Tator Tots	1850	128	93	1	0	70	4200	Milk, Sesame
Regular Sweet Potato Fries	470	28	50	20	0	3	360	
Regular Tator Tots	540	35	51	0	0	5	760	
Fried Pickles	410	23	45	0	0	5	2400	Milk
Pretzel Bun	250	7	45	5	4.54	7	260	Wheat
Side of Queso	180	14	5	1	0	8	930	Milk, Sesame
Chips and Queso	630	38	55	2	0	17	1680	Milk, Sesame
Side of Fry Sauce	260	26	6	5	4.86	0	340	Egg, Soy
Side of Hat Sauce	200	20	6	3	3.04	0	470	Egg, Soy
Side of Happy Sauce	250	26	3	0	0	0	260	Egg, Soy

KIDS MENU - MAINS (140 - 380 CALS)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
Tiny Hat	170	8	14	2	0	10	210	Milk, Wheat, Sesame
Grilled Cheese	360	20	36	7	0	10	860	Milk, Wheat, Soy, Sesame

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	5	6	0	0	17	570	Milk
Kids Hat Dog	380	20	32	10	7.74	16	1050	Milk, Wheat, Sesame
Kids Fries	320	17	40	0	0	3	780	
Kids Sweet Potato Fries	310	19	34	13	0	2	240	
Kids Tator Tots	320	21	30	0	0	3	440	
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
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
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

BUILD YOUR OWN MILKSHAKE (CONT.)

	CALORIES	FAT (G)	CARB (G)	SUGAR (G)	ADDED SUGAR (G)	PROTIEN (G)	SODIUM (MG)	ALLERGEN
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