

BURGERS + CHICKEN	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (US 2016) (g)	Total Sugars (g)	Protein (g)
BurgerFi Burger	864	546	61	20	172	1470	2	9	39
Single BurgerFi Burger	547	296	33	10	94	1034	2	9	23
BurgerFi Cheeseburger	962	627	70	25	197	1969	2	10	44
Single BurgerFi Cheeseburger	597	336	37	13	106	1284	2	9	26
Ultimate Bacon Cheeseburger	1304	864	96	37	262	2577	1	7	73
Single Ultimate Bacon Cheeseburger	742	443	49	18	131	1612	1	6	39
Yes Chef! Burger	932	604	67	25	182	1653	2	7	43
BBQ Rodeo Burger	1174	670	75	29	197	2426	4	22	51
Single BBQ Rodeo Burger	778	366	41	15	99	1856	4	22	30
Conflicted Burger	827	440	49	20	119	1548	1	13	32
The CEO	1196	797	89	31	221	1361	1	4	53
Single The CEO	811	504	56	17	124	896	1	4	31
VegeFi Burger	463	149	17	8	28	1229	4	12	14
Beyond Burger	625	322	36	10	18	1844	2	10	28
Vegan Beyond Burger	490	185	21	6	18	1636	2	12	25
Fried Chicken Sandwich	757	385	43	4	69	1366	2	12	31
Buffalo Chicken Sandwich	945	441	50	5	77	3506	2	13	32
Grilled Chicken Sandwich	407	131	15	2	69	636	2	11	28
BBQ Rodeo Fried Chicken Sandwich	661	128	14	5	85	2378	4	23	37
BBQ Rodeo Grilled Chicken	533	124	14	5	85	1622	3	17	34
3 Piece Chicken Tenders	361	135	15	3	68	632	0	0	29
5 Piece Chicken Tenders	602	226	25	5	113	1054	0	0	48
5 Chicken Wings	1157	798	89	20	506	3262	1	0	83
5 Wings BBQ	1283	798	89	20	506	3844	3	22	85
5 Wings Buffalo	1351	993	112	24	506	4733	1	0	83
5 Sweet Thai Chili	1285	798	89	20	506	1614	0	34	82
5 Lemon Pepper	1138	798	89	20	506	1498	0	0	82

BOWLS

Chicken Caesar Salad	436	269	30	7	82	1003	0	1	28
Traditional Chicken Salad	345	181	20	3	65	740	1	3	23
Buffalo Chicken Tender Salad	587	344	38	6	61	2580	1	3	23
Burger Bowl Burger	600	420	47	13	102	1612	2	7	20
Burger Bowl Cheeseburger	650	460	51	15	114	1862	2	8	23
Burger Bowl VegeFi	465	233	26	7	23	1557	4	10	8
Burger Bowl Tenders	526	260	29	4	68	1599	2	7	23
Burger Bowl Grilled Chicken	386	178	20	3	88	1524	2	8	25
Burger Bowl Fried Chicken	732	433	49	5	88	2134	3	9	27
Beyond Bowl	545	332	37	8	23	1547	2	7	22

TOPPINGS

American Cheese (Slice)	180	22.5	2.5	0	0	280	1	4	6
Swiss Cheese (Slice)	55	40.5	4.5	2.5	12.3	25	0	0	4
Pepper Jack Cheese (Slice)	60	40.5	4.5	3	15	101.3	0	0	3.8
Lettuce	5	0	0	0	0	5	0	0	0
Tomatoes (Slice)	5	0	0	0	0	0	0	1	0
Pickles	3	0	0	0	0	325	0.3	0	0
Jalapeño Peppers	4	0	0	0	0	0	1	0	0.3
Diced Onions	10	0	0	0	0	0	1	0	0.3
Grilled Diced Onions	10	0	0	0	0	95	0.5	0	0.3
Grilled Mushroom Side	6	1	0	0	0	81	0	1	1
Hay Stack Onions	88	32	4	0	0	462	1	1	2
Onion Ring Side	201	100	11	1	0	817	1	1	2
Applewood Bacon	66.4	43.6	4.8	1.9	13.5	217.1	0	0.3	5.1
Fried Egg	90	61	7	2	184	95	0	0	6
Chili	43	27	3	1	8	143	0	0	2
Coleslaw	7	0	0	0	0	5	0.7	0	0.4
Fi Sauce	45	22.5	2.5	0	15	310	0	4	1
Ketchup	28	0	0	0	0	255	0	5	0
Mustard	0	0	0	0	0	180	0	0	0
Mayonnaise	220	0	24	4	20	130	0	0	0
Garlic Aioli	190	180	20	3.5	15	150	0	0	1
Truffle Aioli	200	198	22	3.5	20	150	0	0	0
Memphis Sweet BBQ	66	0	0	0	0	308	1	12	1
Honey Mustard	130	108	12	2	5		0	6	1
Cheese Sauce	36	20	2	1	2	334	0	0	0
Ghost Pepper Honey	80	0	0	0	0	2	0	20	0
Frank's RedHot Buffalo Sauce	97	97	11	2	0	735	0	0	0
Ranch	112	106	12	2	8	134	0	1	1
Blue Cheese	150	0	15.6	3	16.6	253	0.3	0.6	1.3
Golden Italian Dressing	160	153	17	2.5	0	390	0	0	0
Caesar Dressing	210	207	23	4	5	400	0	1	1
Tomato Bacon Jam	32.1	0.8	0.1	0	0.1	56.8	0.3	6.8	0.4
Thai Chili Sauce	74	0	0	0	0	218	0	17	0

DOGS

Original Wagyu Dog	360	189	21	6	45	1400	0	2	17
Texas Style Wagyu Dog	439	236	26	8	55	1878	0	2	20

BUNS

Potato Bun	180	22.5	2.5	0	0	280	1	4	6
Hot Dog Buns	130	18	2	0	0	240	0	0	5
Udi's Gluten Free Bun	200	0	6	0	0	370	5	5	4
Lettuce Buns	15	0	0	0	0	10	1	0	2

SIDES

Regular Fries	704	495	56	4	0	480	0	0	10
Large Fries	11x70	752	85	6	0	960	0	0	21
Junior Fries	621	501	57	4	0	366	0	0	6
Jumbo Onion Rings	1005	499	56	4	5	4083	6	6	12
Cry & Fry	1381	868	98	7	5	2795	4	4	18

FRY TOPPINGS

Parm + Herb	120	71.3	7.9	4.4	24.4	512.2	0.09	0.03	8.1
Chili + Cheese	253.5	234.5	26	5.1	13.2	545.9	0	0	3.5
Cheddar Cheese Sauce	35	22.5	2.5	1.3	0	3.2	0	0	0
Chili	43.5	27.5	3	1.1	8.2	145.9	0	0	2.5
Cajun Seasoning	0	0	0	0	0	120	0	0	0
Urban Style	310	251.3	27.9	7.9	39.4	662.2	0.09	0.03	9.1
Truffle Style	319.1	269	29.9	7.9	44.4	661.4	0	0.02	8.1

FROZEN CUSTARD CUPS

Vanilla Custard	351	158	18	11	120	223	0	37	6
Chocolate Custard	305	144	16	10	104	217	0	32	6
Swirl Custard	328	151	17	10	112	220	0	34	6

CUSTARD TREATS

Cookies + Cream with Oreo	459	160	18	9	80	309	2	55	6
Strawberry	288	106	12	7	80	151	1	38	5
Coffee Mocha	327	105	12	7	80	159	2	44	4
M&Ms	513	213	24	15	88	184	0	61	7

CUSTARD SHAKE

Chocolate	697	362	40	23	226	401	0	64	12
Vanilla	776	386	43	27	253	410	0	72	13
Strawberry	830	386	43	27	253	411	1	86	13
Coffee Mocha	961	387	43	26	253	435	4	112	13
Cookies + Cream with Oreo	1047	497	55	28	253	714	0	93	15
Birthday Cake	944	412	46	29	253	412	0	80	13
Pumpkin Pie	996	456	51	29	279	562	1	91	17
Salted Caramel Pretzel	934	404	45	26	253	825	1	81	14

CUSTARD TOPPINGS

Caramel Sauce	110	0	0.5	0	0	55	0	20	0
Chocolate Syrup	45	0	0	0	0	15	0	10	0
Whipped Cream	15	0	1	0.5	5	0	0	1	0
Strawberries	150	0	0	0	0	0	2	28	0
Rainbow Sprinkles	20	0	1	0.5	0	0	0	2	0
Chocolate Sprinkles	20	0	1	0	0	0	0	2	0
M&Ms	0	0	5	0	5	20	0	17	1
Oreo Cookies	137	0	5	1.5	0	98	0	12	1

KIDS MEALS

Single Burger, BFI	495	273	30	10	79	715	1	4	22
Single Cheeseburger	545	313	35	13	91	965	1	5	24
Original Wagyu Dog	360	189	21	6	45	1400	0	2	17
2 Chicken Tenders	241	90	10	2	45	421	0	0	19
Grilled Cheese	280	104	12	5	25	780	1	5	11
Junior Fries	621	501	57	4	0	366	0	0	6
Kids Applesauce	90	0	0	0	0	0	1	22	0
Honest Kids Apple Juice	35	0	0	0	0	15	0	8	0