



## Nutrition Information

	Serving Size	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Famous Philly</b>												
Steak	* 6 oz	625 cal	255 cal	28 g	13 g	0 g	115 mg	2180 mg	43 g	1 g	2 g	49 g
Smoked Beef Brisket *NEW ITEM*	* 4 oz	545 cal	215 cal	26 g	12 g	0 g	100 mg	1920 mg	42 g	1 g	2 g	39 g
Chicken	* 6 oz	535 cal	175 cal	19 g	10 g	0 g	140 mg	2760 mg	41 g	1 g	2 g	48 g
Shrimp	* 4 oz	490 cal	155 cal	18 g	8 g	0 g	210 mg	2460 mg	42 g	1 g	2 g	38 g
Vegetarian	* 6 oz	420 cal	135 cal	16 g	8 g	0 g	40 mg	2110 mg	51 g	4 g	7 g	18 g
<b>Rice Bowl</b>												
Steak	* 6 oz	1070 cal	350 cal	37 g	13 g	0 g	100 mg	2700 mg	127 g	7 g	0 g	56 g
Smoked Beef Brisket *NEW ITEM*	* 4 oz	990 cal	310 cal	35 g	12 g	0 g	85 mg	2440 mg	126 g	7 g	0 g	46 g
Chicken	* 6 oz	980 cal	270 cal	29 g	10 g	0 g	125 mg	3280 mg	125 g	7 g	0 g	55 g
Shrimp	* 4 oz	935 cal	250 cal	27 g	8 g	0 g	195 mg	2980 mg	126 g	7 g	0 g	45 g
Vegetarian	* 6 oz	865 cal	230 cal	25 g	8 g	0 g	25 mg	2630 mg	134 g	10 g	5 g	24 g
<b>Burrito</b>												
Steak	* 6 oz	990 cal	320 cal	34 g	14 g	0 g	100 mg	2640 mg	110 g	6 g	1 g	57 g
Smoked Beef Brisket *NEW ITEM*	* 4 oz	910 cal	280 cal	32 g	13 g	0 g	85 mg	2380 mg	109 g	6 g	1 g	47 g
Chicken	* 6 oz	900 cal	240 cal	26 g	11 g	0 g	125 mg	3220 mg	108 g	6 g	1 g	56 g
Shrimp	* 4 oz	855 cal	220 cal	24 g	9 g	0 g	195 mg	2920 mg	109 g	6 g	1 g	46 g
Vegetarian	* 6 oz	785 cal	200 cal	22 g	9 g	0 g	25 mg	2570 mg	118 g	9 g	6 g	26 g
<b>Loaded Nachos</b>												
Steak	* 6 oz	1130 cal	600 cal	65 g	28 g	4 g	180 mg	2990 mg	71 g	10 g	6 g	56 g
Smoked Beef Brisket *NEW ITEM*	* 4 oz	1050 cal	560 cal	63 g	27 g	4 g	165 mg	2730 mg	70 g	10 g	6 g	46 g
Chicken	* 6 oz	1040 cal	520 cal	57 g	25 g	4 g	205 mg	3570 mg	69 g	10 g	6 g	55 g
Shrimp	* 4 oz	995 cal	500 cal	55 g	23 g	4 g	275 mg	3270 mg	70 g	10 g	6 g	45 g
Vegetarian	* 6 oz	925 cal	480 cal	53 g	23 g	4 g	105 mg	2920 mg	79 g	13 g	11 g	25 g
<b>Loaded Fries</b>												
Steak	* 6 oz	1400 cal	820 cal	89 g	32 g	6 g	180 mg	4310 mg	85 g	11 g	6 g	57 g
Smoked Beef Brisket *NEW ITEM*	* 4 oz	1320 cal	780 cal	87 g	31 g	6 g	165 mg	4050 mg	84 g	11 g	6 g	47 g
Chicken	* 6 oz	1310 cal	740 cal	81 g	29 g	6 g	205 mg	4890 mg	83 g	11 g	6 g	56 g
Shrimp	* 4 oz	1265 cal	720 cal	79 g	27 g	6 g	275 mg	4590 mg	84 g	11 g	6 g	46 g
Vegetarian	* 6 oz	1195 cal	700 cal	77 g	27 g	6 g	105 mg	4240 mg	93 g	14 g	11 g	26 g
<b>Fresh Salad (does not include dressing)</b>												
Steak	* 6 oz	395 cal	205 cal	21 g	11 g	0 g	100 mg	1270 mg	8 g	3 g	2.5 g	42 g
Smoked Beef Brisket *NEW ITEM*	* 4 oz	315 cal	165 cal	19 g	10 g	0 g	85 mg	1010 mg	7 g	3 g	2.5 g	32 g
Chicken	* 6 oz	305 cal	125 cal	13 g	8 g	0 g	125 mg	1850 mg	6 g	3 g	2.5 g	41 g
Shrimp	* 4 oz	260 cal	105 cal	11 g	6 g	0 g	195 mg	1550 mg	7 g	3 g	2.5 g	31 g
Vegetarian	* 6 oz	190 cal	85 cal	9 g	6 g	0 g	25 mg	1190 mg	16 g	6 g	8 g	11 g
<b>Added Ingredients</b>												
Steak	* 6 oz	255 cal	120 cal	12 g	5 g	0 g	75 mg	82 mg	1.5 g	0 g	0 g	34 g
Smoked Beef Brisket *NEW ITEM*	* 4 oz	175 cal	80 cal	10 g	4 g	0 g	60 mg	810 mg	0 g	0 g	0 g	33 g
Chicken	* 6 oz	165 cal	40 cal	4 g	2 g	0 g	100 mg	660 mg	0 g	0 g	0 g	33 g
Shrimp	* 4 oz	120 cal	20 cal	2 g	0 g	0 g	170 mg	360 mg	1 g	0 g	0 g	23 g
PepperJax Cheese Sauce *NEW ITEM*	2 oz	130 cal	95 cal	11 g	7 g	0 g	40 mg	450 mg	5 g	0 g	2 g	5 g
Queso with green chiles	2 oz	125 cal	85 cal	10 g	6 g	0 g	25 mg	380 mg	5 g	0 g	3 g	3 g
Shredded Cheese	1 oz	110 cal	80 cal	9 g	6 g	0 g	25 mg	170 mg	1 g	0 g	0 g	6 g
Sliced Cheese	1 slice	28 cal	20 cal	3.5 g	2 g	0 g	10 mg	165 mg	< 1 g	0 g	< 1 g	2 g
Rice	4 oz	200 cal	50 cal	5 g	1 g	0 g	0 mg	300 mg	35 g	1 g	0 g	3 g
Black Beans	4 oz	100 cal	0 cal	0 g	0 g	0 g	0 mg	500 mg	18 g	4 g	0 g	6 g
Pinto Beans	4 oz	100 cal	0 cal	0 g	0 g	0 g	0 mg	590 mg	18 g	7 g	0 g	6 g
Green Peppers	1 oz	6 cal	0 cal	0 g	0 g	0 g	0 mg	1 mg	1.5 g	< 1 g	< 1 g	< 1 g
Onions	1 oz	11 cal	0 cal	0 g	0 g	0 g	0 mg	1 mg	2.5 g	< 1 g	1 g	< 1 g
Mushrooms	1 oz	6 cal	0 cal	0 g	0 g	0 g	0 mg	1.5 mg	< 1 g	< 1 g	< 1 g	< 1 g
Jalapenos	1 oz	5 cal	0 cal	0 g	0 g	0 g	0 mg	510 mg	1 g	< 1 g	0 g	< 1 g
Sour Cream	1 oz	60 cal	45 cal	5 g	4 g	0 g	20 mg	15 mg	1 g	0 g	1 g	1 g
Tomatoes	1 oz	5 cal	< 1 cal	0 g	0 g	0 g	0 mg	0 mg	1.5 g	< 1 g	< 1 g	< 1 g
Mild Salsa	1 oz	5 cal	0 cal	0 g	0 g	0 g	0 mg	80 mg	2 g	< 1 g	< 1 g	< 1 g
Hot Salsa	1 oz	5 cal	0 cal	0 g	0 g	0 g	0 mg	80 mg	2 g	< 1 g	< 1 g	< 1 g
Black Olives	1 oz	25 cal	20 cal	2.5 g	0 g	0 g	0 mg	125 mg	1 g	0 g	0 g	0 g
Lettuce	1 oz	4 cal	0 cal	0 g	0 g	0 g	0 mg	3 mg	< 1 g	< 1 g	< 1 g	< 1 g
Carrots	1 oz	12 cal	0 cal	0 g	0 g	0 g	0 mg	20 mg	1 g	1 g	1 g	0 g
<b>Sides &amp; Drinks</b>												
Queso, Salsa & Chips		670 cal	380 cal	42 g	15 g	4 g	45 mg	1130 mg	55 g	5 g	6 g	10 g
French Fries	8.25 oz	670 cal	430 cal	47 g	8 g	6 g	0 mg	1610 mg	55 g	6 g	< 1 g	10 g
Side Salad (without dressing)		130 cal	80 cal	9 g	6 g	0 g	25 mg	180 mg	5 g	2 g	2 g	7 g



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Chips, Baked Lays	1.125 oz	135 cal	25 cal	2 g	0 g	0 g	0 mg	150 mg	26 g	2 g	2 g	2 g
Chips, Kettle	1.5 oz	220 cal	120 cal	14 g	1.5 g	0 g	0 mg	240 mg	23 g	2 g	1 g	3 g
Chips, Barbeque	1.5 oz	220 cal	120 cal	14 g	1.5 g	0 g	0 mg	200 mg	23 g	2 g	1 g	3 g
Chips, Jalapeno	1.5 oz	220 cal	120 cal	14 g	1.5 g	0 g	0 mg	430 mg	23 g	2 g	1 g	3 g
Chips, Harvest Cheddar	1.5 oz	210 cal	80 cal	9 g	2 g	0 g	0 mg	320 mg	27 g	4 g	3 g	4 g
Cookie, Chocolate Chip	1 ea	250 cal	110 cal	12 g	6 g	0 g	15 mg	180 mg	35 g	1 g	15 g	3 g
Cookie, Snickerdoodle	1 ea	250 cal	100 cal	11 g	6 g	0 g	35 mg	180 mg	33 g	<1 g	16 g	3 g
Soft Drink, Regular	21 oz	260-290 cal	0 cal	0 g	0 g	0 g	0 mg	45-90 mg	75 g	0 g	75 g	0 g
Soft Drink, Large	30 oz	380-410 cal	0 cal	0 g	0 g	0 g	0 mg	75-110 mg	105 g	0 g	105 g	0 g
Diet Soft Drink, Regular	21 oz	0 cal	0 cal	0 g	0 g	0 g	0 mg	105 mg	0 g	0 g	0 g	0 g
Diet Soft Drink, Large	30 oz	0 cal	0 cal	0 g	0 g	0 g	0 mg	150 mg	0 g	0 g	0 g	0 g
Iced Tea, Sweetened	all	0 cal	0 cal	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 g
Iced Tea, Unsweetened	all	0 cal	0 cal	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 g
Milk, 2%	8 oz	120 cal	45 cal	5 g	3 g	0 g	20 mg	100 mg	12 g	0 g	12 g	8 g
Milk, chocolate 2%	8 oz	190 cal	45 cal	5 g	3 g	0 g	20 mg	165 mg	30 g	1 g	25 g	8 g
Milk, chocolate 1%	8 oz	160 cal	20 cal	3 g	2 g	0 g	8 mg	150 mg	26 g	1 g	25 g	8 g
<b>Dressings &amp; Sauces</b>												
Ranch Dressing	1 oz	105 cal	100 cal	11 g	2 g	0 g	11 mg	205 mg	1 g	0 g	1 g	<1 g
Spicy Ranch Dressing	1 oz	95 cal	90 cal	10 g	2 g	0 g	10 mg	320 mg	1 g	0 g	1 g	<1 g
Lite Ranch Dressing	1 oz	80 cal	70 cal	7 g	1 g	0 g	5 mg	260 mg	2 g	0 g	1 g	1 g
Caesar Dressing	1 oz	180 cal	160 cal	18 g	3 g	0 g	10 mg	220 mg	1 g	0 g	<1 g	<1 g
House Italian Dressing	1 oz	120 cal	110 cal	13 g	2 g	0 g	0 mg	400 mg	1 g	0 g	1 g	0 g
Dorothy Lynch Dressing	1 oz	100 cal	60 cal	7 g	1 g	0 g	0 mg	160 mg	11 g	1 g	8 g	0 g
Beef Mushroom Gravy	1 oz	25 cal	18 cal	2 g	<1 g	0 g	0 mg	175 mg	2 g	0 g	0 g	<1 g
Au Jus	1 oz	0 cal	0 cal	0 g	0 g	0 g	0 mg	155 mg	0 g	0 g	0 g	0 g
Sweet Asian Sauce	1 oz	4 cal	1.5 cal	<1 g	0 g	0 g	0 mg	670 mg	6.5 g	0 g	6 g	<1 g
Kickin' Chili Sauce	1 oz	13 cal	4 cal	<1 g	<1 g	0 g	0 mg	200 mg	2 g	0 g	<1 g	<1 g
BBQ Sauce	1 oz	70 cal	0 cal	0 g	0 g	0 g	0 mg	370 mg	17 g	0 g	16 g	0 g
Honey Mustard Sauce	1 oz	130 cal	80 cal	9 g	1.5 g	0 g	0 mg	390 mg	13 g	0 g	12 g	0 g
Steak Sauce - Classic	1 oz	40 cal	0 cal	0 g	0 g	0 g	0 mg	480 mg	8 g	0 g	6 g	0 g
Steak Sauce - Hearty	1 oz	30 cal	0 cal	0 g	0 g	0 g	0 mg	600 mg	6 g	0 g	6 g	0 g
Horseradish Sauce	1 packet	60 cal	55 cal	6 g	1 g	0 g	5 mg	90 mg	2 g	0 g	1 g	0 g
Croutons	6 pieces	30 cal	10 cal	1 g	0 g	0 g	0 mg	85 mg	5 g	0 g	0 g	1 g
Chow Mein Noodles	1/2 cup	130 cal	50 cal	6 g	2 g	0 g	0 mg	260 mg	18 g	2 g	0 g	3 g
<b>Junior Jax Menu</b>												
Junior Jax Steak Rice Bowl	* 3 oz	490 cal	190 cal	20 g	9 g	0 g	60 mg	760 mg	46 g	3 g	0 g	29 g
Junior Jax Chicken Rice Bowl	* 3 oz	445 cal	150 cal	16 g	8 g	0 g	75 mg	1050 mg	45 g	3 g	0 g	29 g
Junior Jax Vegetarian Rice Bowl	* 3 oz	400 cal	130 cal	14 g	7 g	0 g	25 mg	720 mg	55 g	5 g	0 g	14 g
Junior Jax Chicken Strips	3 pieces	460 cal	330 cal	37 g	6 g	3 g	40 mg	740 mg	17 g	1 g	0 g	16 g
Junior Jax Corn Dogs	5 pieces	280 cal	190 cal	21 g	4 g	2 g	30 mg	385 mg	17 g	1 g	5 g	6 g
French Fries (kid's meal)	4.25 oz	335 cal	215 cal	24 g	4 g	3 g	0 mg	805 mg	27 g	3 g	<1 g	3 g
Mandarin oranges in juice	4 oz	70 cal	0 cal	0 g	0 g	0 g	0 mg	5 mg	17 g	<1 g	17 g	0 g
Teddy Graham Cookies	0.5 oz	60 cal	17 cal	2 g	<1 g	0 g	0 mg	40 mg	10 g	1 g	3 g	1 g
Soft Drink (kid's meal)	12 oz	150-160 cal	0 cal	0 g	0 g	0 g	40 mg	30-45 mg	40 g	0 g	40 g	0 g
Diet Soft Drink (kid's meal)	12 oz	0 cal	0 cal	0 g	0 g	0 g	0 mg	60 mg	0 g	0 g	0 g	0 g

\* Protein (or Vegetable) serving size before cooking

\*\* There are 3 servings of Rice in a Gourmet Rice Bowl