

PepperJax Grill

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)
PEPPERJAX PHILLY (Includes protein/veggies, roll, sliced cheese, onions, mushrooms, green peppers, banana peppers)												
Steak	* 6 oz	640 cal	255 cal	28 g	13 g	0 g	115 mg	2410 mg	46 g	1.5 g	3.5 g	50 g
Smoked Beef Brisket	* 4 oz	560 cal	215 cal	25 g	12 g	0 g	100 mg	2240 mg	45 g	1.5 g	3.5 g	40 g
Chicken	* 6 oz	550 cal	175 cal	19 g	10 g	0 g	140 mg	2540 mg	44 g	1.5 g	3.5 g	49 g
Pulled Pork *NEW ITEM*	* 4 oz	650 cal	295 cal	35 g	16 g	0 g	115 mg	2320 mg	44 g	1.5 g	3.5 g	43 g
Vegetarian	* 8 oz	420 cal	135 cal	16 g	8 g	0 g	40 mg	2070 mg	54 g	4 g	8 g	18 g
PEPPERJAX BOWL (Includes protein/veggies, rice, beans, onions, mushrooms, green peppers, banana peppers)												
Steak	* 6 oz	970 cal	270 cal	28 g	7 g	0 g	75 mg	2800 mg	130 g	6 g	1.5 g	50 g
Smoked Beef Brisket	* 4 oz	890 cal	230 cal	25 g	6 g	0 g	60 mg	2630 mg	130 g	6 g	1.5 g	40 g
Chicken	* 6 oz	880 cal	185 cal	20 g	4 g	0 g	100 mg	2930 mg	130 g	6 g	1.5 g	49 g
Pulled Pork *NEW ITEM*	* 4 oz	980 cal	310 cal	35 g	10 g	0 g	75 mg	2710 mg	130 g	6 g	1.5 g	43 g
Vegetarian	* 8 oz	750 cal	150 cal	16 g	2.5 g	0 g	0 mg	2470 mg	135 g	11 g	5 g	19 g
BURRITO (Includes protein/veggies, tortilla, rice, beans, onions, mushrooms, green peppers, banana peppers)												
Steak	* 6 oz	900 cal	240 cal	25 g	8 g	0 g	75 mg	2740 mg	115 g	6 g	4 g	52 g
Smoked Beef Brisket	* 4 oz	820 cal	200 cal	23 g	7 g	0 g	60 mg	2570 mg	115 g	6 g	4 g	42 g
Chicken	* 6 oz	810 cal	160 cal	17 g	5 g	0 g	100 mg	2870 mg	115 g	6 g	4 g	51 g
Pulled Pork *NEW ITEM*	* 4 oz	920 cal	280 cal	32 g	11 g	0 g	75 mg	2650 mg	115 g	9 g	4 g	45 g
Vegetarian	* 6 oz	670 cal	120 cal	13 g	3 g	0 g	0 mg	2410 mg	120 g	10 g	7 g	20 g
LOADED NACHOS (Includes protein/veggies, chips, cheese sauce, beans, onions, mushrooms, green peppers, banana peppers)												
Steak	* 6 oz	1040 cal	520 cal	56 g	22 g	4 g	155 mg	3080 mg	71 g	12 g	6 g	54 g
Smoked Beef Brisket	* 4 oz	950 cal	480 cal	54 g	21 g	4 g	140 mg	2910 mg	71 g	9 g	7 g	41 g
Chicken	* 6 oz	950 cal	440 cal	48 g	18 g	4 g	180 mg	3210 mg	70 g	12 g	6 g	53 g
Pulled Pork *NEW ITEM*	* 4 oz	1050 cal	560 cal	63 g	25 g	4 g	150 mg	2990 mg	70 g	12 g	6 g	47 g
Vegetarian	* 6 oz	820 cal	400 cal	44 g	17 g	4 g	80 mg	2750 mg	79 g	14 g	10 g	23 g
LOADED FRIES (Includes protein/veggies, fries, cheese sauce, onions, mushrooms, green peppers, banana peppers)												
Steak	* 6 oz	1200 cal	750 cal	81 g	27 g	7 g	155 mg	3820 mg	68 g	6 g	6 g	50 g
Smoked Beef Brisket	* 4 oz	1120 cal	700 cal	78 g	26 g	7 g	140 mg	3650 mg	67 g	6 g	6 g	40 g
Chicken	* 6 oz	1110 cal	660 cal	72 g	23 g	7 g	180 mg	3940 mg	66 g	6 g	6 g	49 g
Pulled Pork *NEW ITEM*	* 4 oz	1210 cal	790 cal	88 g	30 g	7 g	155 mg	3720 mg	66 g	6 g	6 g	43 g
Vegetarian	* 6 oz	940 cal	630 cal	69 g	22 g	7 g	80 mg	2610 mg	65 g	6 g	6 g	15 g
FRESH SALAD (Includes protein/veggies, lettuce, onions, mushrooms, green peppers, banana peppers) does not include dressing												
Steak	* 6 oz	300 cal	120 cal	13 g	5 g	0 g	75 mg	1480 mg	12 g	4.5 g	3.5 g	37 g
Smoked Beef Brisket	* 4 oz	220 cal	80 cal	10 g	4 g	0 g	60 mg	1310 mg	11 g	4.5 g	3.5 g	27 g
Chicken	* 6 oz	210 cal	40 cal	4 g	1.5 g	0 g	100 mg	1610 mg	10 g	4.5 g	3.5 g	36 g
Pulled Pork *NEW ITEM*	* 4 oz	320 cal	160 cal	20 g	8 g	0 g	75 mg	1390 mg	10 g	4.5 g	3.5 g	30 g
Vegetarian	* 6 oz	50 cal	0 cal	0.5 g	0 g	0 g	0 mg	500 mg	10 g	4.5 g	3.5 g	3 g
ADDED INGREDIENTS												
Steak	* 6 oz	260 cal	120 cal	12 g	5 g	0 g	75 mg	980 mg	1.5 g	0 g	0 g	34 g
Smoked Beef Brisket	* 4 oz	180 cal	80 cal	10 g	4 g	0 g	60 mg	810 mg	1 g	0 g	0 g	24 g
Chicken	* 6 oz	170 cal	40 cal	4 g	1.5 g	0 g	100 mg	1110 mg	0 g	0 g	0 g	33 g
Pulled Pork *NEW ITEM*	4 oz	270 cal	160 cal	19 g	8 g	0 g	75 mg	890 mg	0 g	0 g	0 g	27 g
PepperJax Cheese Sauce	2 oz	130 cal	95 cal	11 g	7 g	0 g	40 mg	450 mg	5 g	0 g	2 g	5 g
Cheddar Cheese Sauce	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	5 cal	0 cal	< 1 g	0 g	0 g	0 mg	7 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
SIDES & DRINKS												
Chips & Dips		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)	3 oz	130 cal	80 cal	9 g	6 g	0 g	25 mg	180 mg	5 g	2 g	2 g	7 g
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

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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
DRESSINGS & SAUCES												
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
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
JUNIOR JAX MENU												
Junior Jax Steak Rice Bowl	* 3 oz	380 cal	110 cal	11 g	3.5 g	0 g	40 mg	640 mg	45 g	4 g	0 g	23 g
Junior Jax Chicken Rice Bowl	* 3 oz	340 cal	70 cal	7 g	1.5 g	0 g	50 mg	930 mg	45 g	4 g	0 g	23 g
Junior Jax Brisket Rice Bowl	* 2 oz	340 cal	90 cal	10 g	3 g	0 g	30 mg	1000 mg	45 g	4 g	0 g	18 g
Junior Jax Pork Rice Bowl	* 2 oz	390 cal	130 cal	15 g	5 g	0 g	40 mg	820 mg	45 g	4 g	0 g	20 g
Junior Jax Veggie Rice Bowl	* 4 oz	280 cal	49 cal	5 g	1 g	0 g	0 mg	1090 mg	45 g	4 g	0 g	8 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 grilling