

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)
JAX Philly & Philly Bowl	Column1	Column2	Column3	Column4	Column5	Column6	Column7	Column8	Column9	Column10	Column11	Column12
Classic Steak	* 6 oz	255 cal	120 cal	12 g	5 g	0 g	75 mg	1000 mg	1.5 g	0 g	0 g	34 g
Smoked Beef Brisket	* 4 oz	175 cal	80 cal	10 g	4 g	0 g	60 mg	660 mg	1 g	0 g	0 g	24 g
Grilled Chicken	* 6 oz	165 cal	40 cal	3.75 g	1.5 g	0 g	97.5 mg	1660 mg	0	0	0	33 g
Pulled Pork	* 4 oz	270 cal	160 cal	19 g	8 g	0 g	73 mg	780 mg	0	0	0	27 g
Vegetarian	* 6 oz	80 cal	0 cal	0 g	0 g	0 g	0 mg	325 mg	1 g	1 g	1 g	1 g
Hearth-Baked Roll	1 roll	190 cal	15 cal	1.5 g	0 g	0 g	0 g	440 mg	37 g	1 g	1 g	7 g
Onion	0.7 oz	8 cal	0 cal	0 g	0 g	0 g	0 mg	<1 mg	<1 g	<1 g	<1 g	<1 g
Green Pepper	0.7 oz	4 cal	0 cal	0 g	0 g	0 g	0 mg	<1 mg	<1 g	<1 g	<1 g	<1 g
Mushroom	0.7 oz	5 cal	0 cal	0 g	0 g	0 g	0 mg	<1 mg	<1 g	<1 g	<1 g	<1 g
Banana Pepper	0.7 oz	0 cal	0 cal	0 g	0 g	0 g	0 mg	320 mg	<1 g	0 g	0 g	0 g
Swiss/American Cheese	4 slices	180 cal	120 cal	14 g	8 g	0 g	40 mg	660 mg	4 g	0 g	1 g	8 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
Pepperjack Cheese Sauce	2 oz	130 cal	95 cal	11 g	7 g	0 g	40 mg	450 mg	5 g	0 g	3 g	5 g
Beef Au Jus	2 oz	50 cal	0 cal	0 g	0 g	0 g	0 mg	3910 mg	0 g	0 g	0 g	0 g
Green Chile Sauce	2 oz	26 cal	10 cal	1 g	<1 g	0 g	0 mg	280 mg	5 g	0 g	1 g	<1 g
Mushroom Gravy	2 oz	280 cal	200 cal	25 g	6 g	0 g	0 mg	1990 mg	23 g	0 g	0 g	<1 g
Ranch Dressing	2 oz	210 cal	100 cal	25 g	4 g	0 g	21 mg	410 mg	2 g	0 g	2 g	1 g
Spicy Ranch Dressing	2 oz	190 cal	185 cal	21 g	4 g	0 g	20 mg	650 mg	2 g	0 g	2 g	1 g
Sour Cream	2 oz	110 cal	85 cal	10 g	8 g	0 g	40 mg	30 mg	2 g	0 g	2 g	2 g
Bacon Pieces	1 oz	120 cal	80 cal	8 g	4 g	0 g	40 mg	420 mg	0 g	0 g	0 g	8 g
Jalapeno Pepper	0.7 oz	4 cal	0 cal	0 g	0 g	0 g	0 mg	340 mg	<1 g	<1 g	0 g	<1 g
White Rice	8 oz	310 cal	40 cal	4.5 g	<1 g	0 g	0 mg	540 mg	59 g	0 g	0 g	5 g
Brown Rice	8 oz	260 cal	16 cal	2 g	0 g	0 g	0 mg	350 mg	54 g	3 g	<1 g	6 g
BYO Salad Ingredients	Column1	Column2	Column3	Column4	Column5	Column6	Column7	Column8	Column9	Column10	Column11	Column12
Lettuce - Romaine & Spinach	5.5 oz	22 cal	0 cal	<1 g	0 g	0 g	0 mg	27 mg	4 g	3 g	1 g	2 g
Bacon Pieces	1 oz	120 cal	80 cal	8 g	4 g	0 g	40 mg	420 mg	0 g	0 g	0 g	8 g
Banana Peppers	1 oz	0 cal	0 cal	0 g	0 g	0 g	0 mg	460 mg	1 g	0 g	0 g	0 g
Black 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
Black Olives	1 oz	35 cal	27 cal	4 g	0 g	0 g	0 mg	270 mg	4 g	0 g	0 g	0 g
Blue Cheese, Crumbled	1 oz	100 cal	70 cal	8 g	5 g	0 g	20 mg	380 mg	1 g	1 g	0 g	6 g
Pecans, Candied	0.5 oz	65 cal	13 cal	4 g	0 g	0 g	0 mg	24 mg	7 g	<1 g	7 g	<1 g
Croutons	1 oz	125 cal	41 cal	4 g	0 g	0 g	0 mg	340 mg	20 g	0 g	0 g	4 g
Cucumbers	1 oz	6 cal	0 cal	0 g	0 g	0 g	0 mg	0 mg	1 g	0 g	<1 g	<1 g
Eggs, Diced Hard Cooked	1 oz	45 cal	28 cal	3 g	1 g	0 g	106 mg	40 mg	<1 g	0 g	<1 g	4 g
Tomatoes, Diced	1 oz	<1 cal	0 cal	0 g	0 g	0 g	0 mg	85 mg	2 g	<1 g	<1 g	<1 g
Feta Cheese, Crumbled	1 oz	80 cal	60 cal	6 g	4 g	0 g	20 mg	320 mg	1 g	0 g	0 g	5 g
Garbanzo Beans	1 oz	30 cal	5 cal	1 g	0 g	0 g	0 mg	60 mg	5 g	1 g	<1 g	2 g
Mushrooms, Grilled	1 oz	6 cal	0 cal	0 g	0 g	0 g	0 mg	2 mg	<1 g	<1 g	<1 g	<1 g
Healthy Grains Blend	1 oz	35 cal	8 cal	1 g	0 g	0 g	0 mg	78 mg	6 g	<1 g	<1 g	1 g
Jalapenos	1 oz	3 cal	0 cal	0 g	0 g	0 g	0 mg	340 mg	<1 g	<1 g	0 g	<1 g
Onions	1 oz	11 cal	0 cal	0 g	0 g	0 g	0 mg	1 mg	3 g	<1 g	1 g	<1 g
Corn, Roasted	1 oz	50 cal	3 cal	<1 g	0 g	0 g	0 mg	6 mg	0 g	1 g	3 g	1 g
Red Peppers, Roasted	1 oz	5 cal	0 cal	0 g	0 g	0 g	0 mg	85 mg	1 g	0 g	1 g	0 g
Carrot, Shredded	1 oz	12 cal	<1 cal	0 g	0 g	0 g	0 mg	20 mg	3 g	1 g	2 g	<1 g
Cheese, Shredded	1 oz	110 cal	80 cal	9 g	6 g	0 g	25 mg	170 mg	1 g	0 g	0 g	6 g
Blue Cheese Dressing	2 oz	260 cal	240 cal	28 g	5 g	0 g	20 mg	620 mg	4 g	0 g	2 g	2 g
Dorothy Lynch Dressing	2 oz	200 cal	120 cal	14 g	2 g	0 g	0 mg	320 mg	22 g	2 g	16 g	0 g
Honey Mustard Vinaigrette	2 oz	260 cal	160 cal	18 g	3 g	0 g	0 mg	780 mg	26 g	0 g	24 g	0 g
Italian Dressing	2 oz	240 cal	220 cal	26 g	4 g	0 g	0 mg	800 mg	2 g	0 g	2 g	0 g
Low-Fat Balsamic Vinaigrette	2 oz	120 cal	90 cal	10 g	1 g	0 g	0 mg	380 mg	8 g	0 g	4 g	0 g
Ranch Dressing	2 oz	210 cal	100 cal	25 g	4 g	0 g	21 mg	410 mg	2 g	0 g	2 g	1 g
Spicy Ranch Dressing	2 oz	190 cal	185 cal	21 g	4 g	0 g	20 mg	650 mg	2 g	0 g	2 g	1 g

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Sides & Drinks													
French Fries, Regular	4 oz	315 cal	200 cal	22 g	4 g	3 g	0 mg	760 mg	25 g	3 g ²	<1 g	3 g ³	
French Fries, Large	8 oz	630 cal	400 cal	44 g	8 g	6 g	0 mg	1520 mg	50 g	6 g	1 g	6 g	
French Fries, Smothered Reg	6 oz	445 cal	295 cal	33 g	11 g	3 g	40 mg	1210 mg	30 g	3 g	2 g	8 g	
French Fries, Smothered Large	12 oz	890 cal	590 cal	66 g	22 g	6 g	80 mg	2420 mg	60 g	6 g	4 g	16 g	
French Fries, Loaded (without protein)	17 oz	1230 cal	835 cal	76 g	40 g	6 g	185 mg	3780 mg	66 g	8 g	10 g	34 g	
Tortilla Chips, Smothered Reg	4 oz	360 cal	215 cal	24 g	9 g	3 g	40 mg	615 mg	28 g	3 g	2 g	8 g	
Tortilla Chips, Smothered Large	8 oz	720 cal	430 cal	48 g	18 g	6 g	80 mg	1230 mg	56 g	6 g	4 g	16 g	
Tortilla Chips, Loaded (without protein)	19 oz	1090 cal	630 cal	72 g	32 g	6 g	145 mg	3040 mg	86 g	16 g	11 g	33 g	
Salsa, Chipotle Morita	1 oz	10 cal	2 cal	<1 g	0 g	0 g	0 mg	180 mg	2 g	<1 g	2 g	<1 g	
Side Salad (lettuce/spinach only)	2.75 oz	15 cal	0 cal	<1 g	0 g	0 g	0 mg	19 mg	3 g	2 g	<1 g	1 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	
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	
Junior Jax Menu		Column1	Column2	Column3	Column4	Column5	Column6	Column7	Column8	Column9	Column10	Column11	Column12
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	

¹ Protein (or Vegetable) serving size before grilling