

# 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)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>PEPPERJAX PHILLY (Includes protein/veggies, roll, sliced cheese, onions, mushrooms, green peppers)</b>												
Steak	* 6 oz	640 cal	255 cal	28 g	13 g	0 g	115 mg	2540 mg	45 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	1910 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	2210 mg	44 g	1.5 g	3.5 g	49 g
Pulled Pork	* 4 oz	650 cal	295 cal	35 g	16 g	0 g	115 mg	1990 mg	44 g	1.5 g	3.5 g	43 g
Spicy Italian Sausage	* 4 oz	760 cal	435 cal	50 g	20 g	0 g	110 mg	2270 mg	46 g	2 g	5 g	32 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
<b>PEPPERJAX BOWL (Includes protein/veggies, rice, beans, onions, mushrooms, green peppers)</b>												
Steak	* 6 oz	770 cal	220 cal	23 g	7 g	0 g	75 mg	2630 mg	93 g	9 g	1.5 g	47 g
Smoked Beef Brisket	* 4 oz	690 cal	180 cal	20 g	6 g	0 g	60 mg	2010 mg	92 g	9 g	1.5 g	37 g
Chicken	* 6 oz	680 cal	135 cal	15 g	3 g	0 g	100 mg	2310 mg	91 g	9 g	1.5 g	46 g
Pulled Pork	* 4 oz	780 cal	260 cal	30 g	10 g	0 g	75 mg	2090 mg	91 g	9 g	1.5 g	40 g
Spicy Italian Sausage	* 4 oz	900 cal	400 cal	45 g	14 g	0 g	70 mg	2370 mg	93 g	9 g	3 g	29 g
Vegetarian	* 8 oz	550 cal	100 cal	11 g	1.5 g	0 g	0 mg	1200 mg	100 g	11 g	5.5 g	15 g
<b>BURRITO (Includes protein/veggies, tortilla, rice, beans, onions, mushrooms, green peppers)</b>												
Steak	* 6 oz	890 cal	240 cal	25 g	8 g	0 g	75 mg	2870 mg	110 g	8 g	2.5 g	52 g
Smoked Beef Brisket	* 4 oz	810 cal	200 cal	23 g	7 g	0 g	60 mg	2240 mg	110 g	8 g	2.5 g	42 g
Chicken	* 6 oz	800 cal	160 cal	17 g	5 g	0 g	100 mg	2540 mg	110 g	8 g	2.5 g	51 g
Pulled Pork	* 4 oz	900 cal	280 cal	32 g	11 g	0 g	75 mg	2320 mg	110 g	8 g	2.5 g	45 g
Spicy Italian Sausage	* 4 oz	1010 cal	420 cal	47 g	15 g	0 g	70 mg	2600 mg	110 g	9 g	4 g	34 g
Vegetarian	* 6 oz	670 cal	120 cal	13 g	3 g	0 g	0 mg	1440 mg	120 g	10 g	6.5 g	20 g
<b>LOADED NACHOS (Includes protein/veggies, chips, cheese sauce, beans, onions, mushrooms, green peppers)</b>												
Steak	* 6 oz	1040 cal	520 cal	56 g	22 g	4 g	155 mg	3210 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	2590 mg	70 g	12 g	6 g	44 g
Chicken	* 6 oz	950 cal	440 cal	48 g	18 g	4 g	180 mg	2890 mg	69 g	12 g	6 g	53 g
Pulled Pork	* 4 oz	1050 cal	560 cal	63 g	25 g	4 g	155 mg	2670 mg	69 g	12 g	6 g	47 g
Spicy Italian Sausage	* 4 oz	1160 cal	700 cal	78 g	29 g	4 g	150 mg	2950 mg	71 g	13 g	7 g	36 g
Vegetarian	* 6 oz	820 cal	400 cal	44 g	17 g	4 g	80 mg	1780 mg	77 g	14 g	10 g	23 g
<b>LOADED FRIES (Includes protein/veggies, fries, cheese sauce, onions, mushrooms, green peppers)</b>												
Steak	* 6 oz	1260 cal	750 cal	81 g	27 g	6 g	155 mg	3580 mg	79 g	8 g	7 g	51 g
Smoked Beef Brisket	* 4 oz	1170 cal	710 cal	79 g	26 g	6 g	140 mg	2960 mg	79 g	8 g	7 g	41 g
Chicken	* 6 oz	1170 cal	660 cal	73 g	23 g	6 g	180 mg	3260 mg	78 g	8 g	7 g	50 g
Pulled Pork	* 4 oz	1270 cal	790 cal	88 g	30 g	6 g	155 mg	3040 mg	78 g	8 g	7 g	44 g
Spicy Italian Sausage	* 4 oz	1380 cal	930 cal	103 g	34 g	6 g	150 mg	3320 mg	80 g	8 g	8 g	33 g
Vegetarian	* 6 oz	990 cal	630 cal	69 g	22 g	6 g	80 mg	2150 mg	76 g	7 g	6 g	16 g
<b>FRESH SALAD (Includes protein/veggies, lettuce, onions, mushrooms, green peppers) does not include dressing</b>												
Steak	* 6 oz	300 cal	120 cal	13 g	5 g	0 g	75 mg	1470 mg	10 g	3.5 g	3 g	37 g
Smoked Beef Brisket	* 4 oz	210 cal	80 cal	10 g	4 g	0 g	60 mg	840 mg	9 g	3.5 g	3 g	27 g
Chicken	* 6 oz	210 cal	40 cal	4 g	1.5 g	0 g	100 mg	1140 mg	8 g	3.5 g	3 g	36 g
Pulled Pork	* 4 oz	310 cal	160 cal	20 g	8 g	0 g	75 mg	920 mg	8 g	3.5 g	3 g	30 g
Spicy Italian Sausage	* 4 oz	420 cal	300 cal	35 g	12 g	0 g	70 mg	1200 mg	10 g	4 g	4.5 g	19 g
Vegetarian	* 6 oz	40 cal	3 cal	0.5 g	0 g	0 g	0 mg	30 mg	8 g	3.5 g	3 g	2.5 g
<b>ADDED INGREDIENTS</b>												
Steak	* 6 oz	260 cal	120 cal	12 g	5 g	0 g	75 mg	1430 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	4 oz	270 cal	160 cal	19 g	8 g	0 g	75 mg	890 mg	0 g	0 g	0 g	27 g
Spicy Italian Sausage	* 4 oz	380 cal	300 cal	34 g	12 g	0 g	70 mg	720 mg	2 g	0.5 g	1.5 g	16 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
Banana Peppers	1 oz	5 cal	0 cal	0 g	0 g	0 g	0 mg	460 mg	< 1 g	0 g	0 g	0 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, shredded	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

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<b>SIDES &amp; DRINKS</b>												
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 Large	8 oz	730 cal	430 cal	47 g	8 g	6 g	0 mg	1250 mg	66 g	7 g	1 g	7 g
French Fries Small	4 oz	370 cal	220 cal	24 g	4 g	3 g	0 mg	630 mg	33 g	3 g	<1 g	3 g
Side Salad (without dressing)	2.25 oz	11 cal	1.5 cal	<1 g	0 g	0 g	0 mg	14 mg	2.5 g	1 g	0.5 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
<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
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	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 Sausage Rice Bowl	* 2 oz	440 cal	200 cal	22 g	7 g	0 g	35 mg	960 mg	45 g	4.5 g	1 g	14 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 oz	370 cal	220 cal	24 g	4 g	3 g	0 mg	630 mg	33 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
Applesauce	3.9 oz	50 cal	0 cal	0 g	0 g	0 g	0 mg	0 mg	13 g	1 g	11 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