

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)												
Steak	* 6 oz	680 cal	240 cal	28 g	14 g	0 g	115 mg	2720 mg	55 g	3 g	5 g	51 g
Chicken	* 6 oz	590 cal	140 cal	18 g	9 g	0 g	125 mg	2520 mg	53 g	3 g	5 g	51 g
Pulled Pork	* 4 oz	700 cal	280 cal	35 g	17 g	0 g	115 mg	2170 mg	53 g	3 g	5 g	44 g
Spicy Italian Sausage	* 4 oz	810 cal	420 cal	50 g	21 g	0 g	110 mg	2000 mg	55 g	5 g	7 g	33 g
Shrimp	*3.5 oz	485 cal	120 cal	16 g	9 g	0 g	156 mg	2055 mg	53 g	3 g	5 g	31 g
Vegetarian	* 8 oz	460 cal	120 cal	16 g	9 g	0 g	40 mg	1280 mg	60 g	4 g	8 g	19 g
PEPPERJAX BOWL (Includes protein/veggies, rice, beans, onions, mushrooms, green peppers)												
Steak	* 6 oz	790 cal	210 cal	22 g	7 g	0 g	75 mg	2330 mg	98 g	12 g	3 g	48 g
Chicken	* 6 oz	700 cal	110 cal	12 g	2 g	0 g	85 mg	2140 mg	97 g	12 g	3 g	48 g
Pulled Pork	* 4 oz	800 cal	250 cal	29 g	10 g	0 g	75 mg	1790 mg	97 g	12 g	3 g	41 g
Spicy Italian Sausage	* 4 oz	920 cal	390 cal	44 g	14 g	0 g	70 mg	1600 mg	99 g	14 g	5 g	30 g
Shrimp	* 3.5 oz	591 cal	88 cal	10 g	2 g	0 g	116 mg	1657 mg	97 g	12 g	3 g	28 g
Vegetarian	* 8 oz	570 cal	90 cal	10 g	2 g	0 g	0 mg	900 mg	100 g	13 g	6 g	16 g
BURRITO (Includes protein/veggies, tortilla, rice, beans, onions, mushrooms, green peppers)												
Steak	* 6 oz	910 cal	230 cal	25 g	8 g	0 g	75 mg	2570 mg	120 g	11 g	4 g	53 g
Chicken	* 6 oz	820 cal	130 cal	15 g	3 g	0 g	85 mg	2370 mg	110 g	11 g	4 g	53 g
Pulled Pork	* 4 oz	920 cal	270 cal	32 g	11 g	0 g	75 mg	2020 mg	110 g	11 g	4 g	46 g
Spicy Italian Sausage	* 4 oz	1040 cal	410 cal	47 g	15 g	0 g	70 mg	1850 mg	120 g	13 g	6 g	35 g
Shrimp	* 3.5 oz	713 cal	114 cal	13 g	3 g	0 g	116 mg	1446 mg	114 g	11 g	4 g	33 g
Vegetarian	* 6 oz	700 cal	110 cal	13 g	3 g	0 g	0 mg	1140 mg	120 g	12 g	7 g	21 g
LOADED NACHOS (Includes protein/veggies, chips, cheese sauce, beans, onions, mushrooms, green peppers)												
Steak	* 6 oz	1170 cal	510 cal	57 g	22 g	5 g	155 mg	2710 mg	74 g	14 g	8 g	52 g
Chicken	* 6 oz	950 cal	400 cal	47 g	17 g	5 g	160 mg	2520 mg	73 g	14 g	8 g	52 g
Pulled Pork	* 4 oz	1060 cal	550 cal	64 g	25 g	5 g	150 mg	2170 mg	73 g	14 g	8 g	45 g
Spicy Italian Sausage	* 4 oz	1170 cal	690 cal	79 g	29 g	5 g	150 mg	2000 mg	75 g	16 g	10 g	34 g
Shrimp	* 3.5 oz	846 cal	386 cal	45 g	17 g	5 g	195 mg	2039 mg	73 g	14 g	7 g	35 g
Vegetarian	* 6 oz	830 cal	390 cal	45 g	17 g	5 g	80 mg	1280 mg	79 g	16 g	11 g	20 g
LOADED FRIES (Includes protein/veggies, fries, cheese sauce, onions, mushrooms, green peppers)												
Steak	* 6 oz	1260 cal	690 cal	79 g	26 g	7 g	155 mg	3830 mg	86 g	15 g	9 g	53 g
Chicken	* 6 oz	1170 cal	590 cal	69 g	21 g	7 g	160 mg	3640 mg	84 g	15 g	9 g	53 g
Pulled Pork	* 4 oz	1280 cal	730 cal	86 g	29 g	7 g	150 mg	3290 mg	84 g	15 g	9 g	46 g
Spicy Italian Sausage	* 4 oz	1390 cal	870 cal	101 g	33 g	7 g	150 mg	3120 mg	86 g	17 g	11 g	35 g
Shrimp	* 3.5 oz	1064 cal	574 cal	67 g	21 g	7 g	195 mg	3157 mg	84 g	15 g	8 g	36 g
Vegetarian	* 6 oz	1050 cal	570 cal	67 g	21 g	7 g	80 mg	2400 mg	91 g	16 g	12 g	21 g
FRESH SALAD (Includes protein/veggies, lettuce, onions, mushrooms, green peppers) does not include dressing												
Steak	* 6 oz	280 cal	120 cal	12 g	5 g	0 g	75 mg	1440 mg	5 g	1 g	2 g	35 g
Chicken	* 6 oz	200 cal	20 cal	2 g	0 g	0 g	85 mg	1260 mg	4 g	1 g	2 g	35 g
Pulled Pork	* 4 oz	310 cal	160 cal	19 g	8 g	0 g	75 mg	910 mg	4 g	1 g	2 g	28 g
Spicy Italian Sausage	* 4 oz	420 cal	300 cal	34 g	12 g	0 g	70 mg	740 mg	6 g	3 g	4 g	17 g
Shrimp	* 3.5 oz	98 cal	0 cal	0 g	0 g	0 g	116 mg	796 mg	4 g	1 g	2 g	15 g
Vegetarian	* 6 oz	80 cal	0 cal	0 g	0 g	0 g	0 mg	20 mg	10 g	2 g	5 g	3 g
ADDED INGREDIENTS												
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
Chicken	* 6 oz	160 cal	20 cal	2 g	0 g	0 g	85 mg	1240 mg	0 g	0 g	0 g	34 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	2 g	2 g	16 g
Shrimp	* 3.5 oz	56 cal	0 cal	0 g	0 g	0 g	116 mg	324 mg	0 g	0 g	0 g	14 g
Bacon Pieces	1 oz	120 cal	80 cal	9 g	4 g	0 g	50 mg	640 mg	0 g	0 g	0 g	10 g
PepperJack Cheese Sauce	2 oz	130 cal	95 cal	11 g	7 g	0 g	40 mg	390 mg	5 g	0 g	2 g	5 g
Cheddar Cheese Sauce	2 oz	125 cal	90 cal	10 g	6 g	0 g	25 mg	380 mg	5 g	0 g	3 g	3 g
Sliced Cheese	1 slice	28 cal	20 cal	3.5 g	2 g	0 g	10 mg	165 mg	< 1 g	0 g	< 1g	2 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
Black Beans	4 oz	110 cal	0 cal	0 g	0 g	0 g	0 mg	290 mg	20 g	5 g	0 g	7 g
Pinto Beans	4 oz	120 cal	0 cal	0 g	0 g	0 g	0 mg	280 mg	21 g	9 g	0 g	7 g
Rice	4 oz	200 cal	40 cal	5 g	1 g	0 g	0 mg	300 mg	36 g	1 g	0 g	3 g
Green Peppers	.7 oz	4 cal	0 cal	0 g	0 g	0 g	0 mg	1 mg	1 g	<1 g	1 g	<1 g
Onions	.7 oz	11 cal	0 cal	0 g	0 g	0 g	0 mg	0 mg	2 g	<1 g	1 g	<1 g
Mushrooms	.7 oz	4 cal	0 cal	0 g	0 g	0 g	0 mg	0 mg	<1 g	0 g	<1 g	<1 g
Jalapeno Peppers	.7 oz	3 cal	0 cal	0 g	0 g	0 g	0 mg	364 mg	<1 g	0 g	<1 g	0 g
Banana Peppers	.7 oz	0 cal	0 cal	0 g	0 g	0 g	0 mg	322 mg	0 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	0 g	0 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	50 cal	50 cal	5 g	3 g	0 g	0 mg	230 mg	2 g	0 g	0 g	0 g
Romaine/Spinach Blend	1 oz	5 cal	0 cal	0 g	0 g	0 g	0 mg	5 mg	<1 g	0 g	0 g	0 g
Carrots, Shredded	1 oz	6 cal	0 cal	0 g	0 g	0 g	0 mg	10 mg	2 g	1 g	1 g	0 g

SIDES & DRINKS

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)
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	610 cal	380 cal	44 g	7 g	7 g	0 mg	1320 mg	51 g	5 g	1 g	5 g
French Fries Small	4 oz	300 cal	190 cal	22 g	4 g	4 g	0 mg	660 mg	25 g	3 g	0 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	140 cal	25 cal	4 g	.5 g	0 g	0 mg	180 mg	24 g	2 g	3 g	2 g
Chips, Kettle Sea Salt	1.375 oz	200 cal	90 cal	11 g	1.5 g	0 g	0 mg	240 mg	23 g	2 g	2 g	3 g
Chips, Kettle BBQ	1.375 oz	210 cal	100 cal	12 g	2 g	0 g	0 mg	200 mg	23 g	2 g	3 g	2 g
Chips, Kettle Jalapeno	1.375 oz	210 cal	100 cal	12 g	2 g	0 g	0 mg	230 mg	22 g	2 g	1 g	3 g
Chips, Harvest Cheddar	1.5 oz	210 cal	80 cal	9 g	1.5 g	0 g	0 mg	240 mg	29 g	3 g	4 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
Dessert Bar, Marshmallow	1 ea	460 cal	90 cal	10 g	6 g	0 g	25 mg	340 mg	89 g	0 g	44 g	3 g
Dessert Bar, Peanut Butter	1 ea	400 cal	153 cal	17 g	7 g	0 g	0 mg	200 mg	58 g	3 g	38 g	6 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	125 mg	12 g	0 g	12 g	8 g
Milk, Chocolate 1%	8 oz	140 cal	25 cal	2.5 g	1.5 g	0 g	15 mg	180 mg	20 g	0 g	18 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	90 cal	81 cal	9 g	1.5 g	0 g	10 mg	140 mg	3 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	390 cal	100 cal	11 g	3.5 g	0 g	40 mg	490 mg	45 g	5.5 g	0 g	24 g
Junior Jax Chicken Rice Bowl	* 3 oz	340 cal	50 cal	6 g	1 g	0 g	40 mg	840 mg	47 g	5.5 g	0 g	24 g
Junior Jax Pork Rice Bowl	* 2 oz	390 cal	120 cal	14 g	5 g	0 g	35 mg	670 mg	47 g	5.5 g	0 g	20 g
Junior Jax Sausage Rice Bowl	* 2 oz	450 cal	190 cal	22 g	7 g	0 g	35 mg	810 mg	48 g	6.5 g	1 g	15 g
Junior Jax Veggie Rice Bowl	* 4 oz	270 cal	40 cal	5 g	1 g	0 g	0 mg	450 mg	49 g	6 g	<1 g	7 g
Junior Jax Chicken Strips	3 pieces	450 cal	320 cal	37 g	6 g	4 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	300 cal	190 cal	22 g	4 g	4 g	0 mg	660 mg	25 g	3 g	0 g	3 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

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PEPPERJAX PHILLY (Includes protein/veggies, roll, sliced cheese, onions, mushrooms, green peppers)												
Steak	* 6 oz	680 cal	240 cal	28 g	14 g	0 g	115 mg	2720 mg	55 g	3 g	5 g	51 g
Chicken	* 6 oz	590 cal	140 cal	18 g	9 g	0 g	125 mg	2520 mg	53 g	3 g	5 g	51 g
Pulled Pork	* 4 oz	700 cal	280 cal	35 g	17 g	0 g	115 mg	2170 mg	53 g	3 g	5 g	44 g
Spicy Italian Sausage	* 4 oz	810 cal	420 cal	50 g	21 g	0 g	110 mg	2000 mg	55 g	5 g	7 g	33 g
Shrimp	*3.5 oz	485 cal	120 cal	16 g	9 g	0 g	156 mg	2055 mg	53 g	3 g	5 g	31 g
Vegetarian	* 8 oz	460 cal	120 cal	16 g	9 g	0 g	40 mg	1280 mg	60 g	4 g	8 g	19 g
PEPPERJAX BOWL (Includes protein/veggies, rice, beans, onions, mushrooms, green peppers)												
Steak	* 6 oz	790 cal	210 cal	22 g	7 g	0 g	75 mg	2330 mg	98 g	12 g	3 g	48 g
Chicken	* 6 oz	700 cal	110 cal	12 g	2 g	0 g	85 mg	2140 mg	97 g	12 g	3 g	48 g
Pulled Pork	* 4 oz	800 cal	250 cal	29 g	10 g	0 g	75 mg	1790 mg	97 g	12 g	3 g	41 g
Spicy Italian Sausage	* 4 oz	920 cal	390 cal	44 g	14 g	0 g	70 mg	1600 mg	99 g	14 g	5 g	30 g
Shrimp	* 3.5 oz	591 cal	88 cal	10 g	2 g	0 g	116 mg	1657 mg	97 g	12 g	3 g	28 g
Vegetarian	* 8 oz	570 cal	90 cal	10 g	2 g	0 g	0 mg	900 mg	100 g	13 g	6 g	16 g
BURRITO (Includes protein/veggies, tortilla, rice, beans, onions, mushrooms, green peppers)												
Steak	* 6 oz	910 cal	230 cal	25 g	8 g	0 g	75 mg	2570 mg	120 g	11 g	4 g	53 g
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Pulled Pork	* 4 oz	920 cal	270 cal	32 g	11 g	0 g	75 mg	2020 mg	110 g	11 g	4 g	46 g
Spicy Italian Sausage	* 4 oz	1040 cal	410 cal	47 g	15 g	0 g	70 mg	1850 mg	120 g	13 g	6 g	35 g
Shrimp	* 3.5 oz	713 cal	114 cal	13 g	3 g	0 g	116 mg	1446 mg	114 g	11 g	4 g	33 g
Vegetarian	* 6 oz	700 cal	110 cal	13 g	3 g	0 g	0 mg	1140 mg	120 g	12 g	7 g	21 g
LOADED NACHOS (Includes protein/veggies, chips, cheese sauce, beans, onions, mushrooms, green peppers)												
Steak	* 6 oz	1170 cal	510 cal	57 g	22 g	5 g	155 mg	2710 mg	74 g	14 g	8 g	52 g
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Shrimp	* 3.5 oz	846 cal	386 cal	45 g	17 g	5 g	195 mg	2039 mg	73 g	14 g	7 g	35 g
Vegetarian	* 6 oz	830 cal	390 cal	45 g	17 g	5 g	80 mg	1280 mg	79 g	16 g	11 g	20 g
LOADED FRIES (Includes protein/veggies, fries, cheese sauce, onions, mushrooms, green peppers)												
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Spicy Italian Sausage	* 4 oz	1390 cal	870 cal	101 g	33 g	7 g	150 mg	3120 mg	86 g	17 g	11 g	35 g
Shrimp	* 3.5 oz	1064 cal	574 cal	67 g	21 g	7 g	195 mg	3157 mg	84 g	15 g	8 g	36 g
Vegetarian	* 6 oz	1050 cal	570 cal	67 g	21 g	7 g	80 mg	2400 mg	91 g	16 g	12 g	21 g
FRESH SALAD (Includes protein/veggies, lettuce, onions, mushrooms, green peppers) does not include dressing												
Steak	* 6 oz	280 cal	120 cal	12 g	5 g	0 g	75 mg	1440 mg	5 g	1 g	2 g	35 g
Chicken	* 6 oz	200 cal	20 cal	2 g	0 g	0 g	85 mg	1260 mg	4 g	1 g	2 g	35 g
Pulled Pork	* 4 oz	310 cal	160 cal	19 g	8 g	0 g	75 mg	910 mg	4 g	1 g	2 g	28 g
Spicy Italian Sausage	* 4 oz	420 cal	300 cal	34 g	12 g	0 g	70 mg	740 mg	6 g	3 g	4 g	17 g
Shrimp	* 3.5 oz	98 cal	0 cal	0 g	0 g	0 g	116 mg	796 mg	4 g	1 g	2 g	15 g
Vegetarian	* 6 oz	80 cal	0 cal	0 g	0 g	0 g	0 mg	20 mg	10 g	2 g	5 g	3 g
ADDED INGREDIENTS												
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
Chicken	* 6 oz	160 cal	20 cal	2 g	0 g	0 g	85 mg	1240 mg	0 g	0 g	0 g	34 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	2 g	2 g	16 g
Shrimp	* 3.5 oz	56 cal	0 cal	0 g	0 g	0 g	116 mg	324 mg	0 g	0 g	0 g	14 g
Bacon Pieces	1 oz	120 cal	80 cal	9 g	4 g	0 g	50 mg	640 mg	0 g	0 g	0 g	10 g
PepperJack Cheese Sauce	2 oz	130 cal	95 cal	11 g	7 g	0 g	40 mg	390 mg	5 g	0 g	2 g	5 g
Cheddar Cheese Sauce	2 oz	125 cal	90 cal	10 g	6 g	0 g	25 mg	380 mg	5 g	0 g	3 g	3 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
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
Black Beans	4 oz	110 cal	0 cal	0 g	0 g	0 g	0 mg	290 mg	20 g	5 g	0 g	7 g
Pinto Beans	4 oz	120 cal	0 cal	0 g	0 g	0 g	0 mg	280 mg	21 g	9 g	0 g	7 g
Rice	4 oz	200 cal	40 cal	5 g	1 g	0 g	0 mg	300 mg	36 g	1 g	0 g	3 g
Green Peppers	.7 oz	4 cal	0 cal	0 g	0 g	0 g	0 mg	1 mg	1 g	<1 g	1 g	<1 g
Onions	.7 oz	11 cal	0 cal	0 g	0 g	0 g	0 mg	0 mg	2 g	<1 g	1 g	<1 g
Mushrooms	.7 oz	4 cal	0 cal	0 g	0 g	0 g	0 mg	0 mg	<1 g	0 g	<1 g	<1 g
Jalapeno Peppers	.7 oz	3 cal	0 cal	0 g	0 g	0 g	0 mg	364 mg	<1 g	0 g	<1 g	0 g
Banana Peppers	.7 oz	0 cal	0 cal	0 g	0 g	0 g	0 mg	322 mg	0 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	0 g	0 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	50 cal	50 cal	5 g	3 g	0 g	0 mg	230 mg	2 g	0 g	0 g	0 g
Romaine/Spinach Blend	1 oz	5 cal	0 cal	0 g	0 g	0 g	0 mg	5 mg	<1 g	0 g	0 g	0 g
Carrots, Shredded	1 oz	6 cal	0 cal	0 g	0 g	0 g	0 mg	10 mg	2 g	1 g	1 g	0 g

SIDES & DRINKS

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)
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	610 cal	380 cal	44 g	7 g	7 g	0 mg	1320 mg	51 g	5 g	1 g	5 g
French Fries Small	4 oz	300 cal	190 cal	22 g	4 g	4 g	0 mg	660 mg	25 g	3 g	0 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	140 cal	25 cal	4 g	.5 g	0 g	0 mg	180 mg	24 g	2 g	3 g	2 g
Chips, Kettle Sea Salt	1.375 oz	200 cal	90 cal	11 g	1.5 g	0 g	0 mg	240 mg	23 g	2 g	2 g	3 g
Chips, Kettle BBQ	1.375 oz	210 cal	100 cal	12 g	2 g	0 g	0 mg	200 mg	23 g	2 g	3 g	2 g
Chips, Kettle Jalapeno	1.375 oz	210 cal	100 cal	12 g	2 g	0 g	0 mg	230 mg	22 g	2 g	1 g	3 g
Chips, Harvest Cheddar	1.5 oz	210 cal	80 cal	9 g	1.5 g	0 g	0 mg	240 mg	29 g	3 g	4 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
Dessert Bar, Marshmallow	1 ea	460 cal	90 cal	10 g	6 g	0 g	25 mg	340 mg	89 g	0 g	44 g	3 g
Dessert Bar, Peanut Butter	1 ea	400 cal	153 cal	17 g	7 g	0 g	0 mg	200 mg	58 g	3 g	38 g	6 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	125 mg	12 g	0 g	12 g	8 g
Milk, Chocolate 1%	8 oz	140 cal	25 cal	2.5 g	1.5 g	0 g	15 mg	180 mg	20 g	0 g	18 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	90 cal	81 cal	9 g	1.5 g	0 g	10 mg	140 mg	3 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	390 cal	100 cal	11 g	3.5 g	0 g	40 mg	490 mg	45 g	5.5 g	0 g	24 g
Junior Jax Chicken Rice Bowl	* 3 oz	340 cal	50 cal	6 g	1 g	0 g	40 mg	840 mg	47 g	5.5 g	0 g	24 g
Junior Jax Pork Rice Bowl	* 2 oz	390 cal	120 cal	14 g	5 g	0 g	35 mg	670 mg	47 g	5.5 g	0 g	20 g
Junior Jax Sausage Rice Bowl	* 2 oz	450 cal	190 cal	22 g	7 g	0 g	35 mg	810 mg	48 g	6.5 g	1 g	15 g
Junior Jax Veggie Rice Bowl	* 4 oz	270 cal	40 cal	5 g	1 g	0 g	0 mg	450 mg	49 g	6 g	<1 g	7 g
Junior Jax Chicken Strips	3 pieces	450 cal	320 cal	37 g	6 g	4 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	300 cal	190 cal	22 g	4 g	4 g	0 mg	660 mg	25 g	3 g	0 g	3 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