

## Amanda's Nutritional Information

	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Protein
<b>Grilled</b>									
Hamburger	285	106	12 g	3 g	48 mg	795 mg	25 g	5 g	19 g
Cheeseburger	345	147	16 g	7 g	63 mg	1045 mg	26 g	5 g	23 g
Grilled Chicken	287	53	6 g	1 g	72 mg	811 mg	25 g	5 g	32 g
Veggieburger	390	162	18 g	1 g	0 mg	1470 mg	47 g	14 g	12 g
<b>Greened</b>									
Napa Salad	401	198	22 g	5 g	0 mg	342 mg	45 g	11 g	16 g
Picnic Salad	462	125	14 g	1 g	59 mg	595 mg	62 g	16 g	35 g
Grilled Citrus Chicken Salad	382	142	16 g	2 g	43 mg	799 mg	38 g	11 g	24 g
Garden Salad	193	60	7 g	0 g	1 mg	304 mg	26 g	6 g	9 g
Seasonal Spring Salad	294	110	12 g	1 g	6 mg	955 mg	36 g	9 g	15 g
Seasonal Summer Salad	371	201	23 g	6 g	21 mg	695 mg	32 g	7 g	41 g
Seasonal Fall Salad	429	208	23 g	8 g	0 mg	239 mg	30 g	6 g	17 g
Seasonal Winter Salad	441	184	19 g	0 g	0 mg	1110 mg	60 g	14 g	11 g
<b>Stirred</b>									
Iced Tea	0	0	0 g	0 g	0 mg	9 mg	0 g	0 g	0 g
Ginger Ale	81	0	0 g	0 g	0 mg	18 mg	20 g	0 g	0 g
Lemon Lime Soda	92	0	0 g	0 g	0 mg	28 mg	20 g	0 g	0 g
Raspberry Soda	8	1	0 g	0 g	0 mg	17 mg	2 g	1 g	0 g
Cola	100	0	0 g	0 g	16 mg	20 mg	27 g	0 g	0 g
Raspberry Light	16	2	0 g	0 g	0 mg	17 mg	4 g	2 g	0 g
Light Cola	0	0	0 g	0 g	0 mg	51 mg	g	0 g	0 g
Strawberry Milk	219	69	8 g	5 g	31 mg	112 mg	31 g	1 g	8 g
Chocolate Milk	183	55	6 g	4 g	23 mg	180 mg	20 g	1 g	12 g
Plain Milk - 2%	195	69	8 g	5 g	30 mg	188 mg	20 g	0 g	12 g
<b>Sides</b>									
Honey Roasted Almonds	240	176	20 g	2 g	0 mg	165 mg	12 g	3 g	8 g
Roasted Salted Almonds	255	202	22 g	2 g	0 mg	165 mg	8 g	4 g	9 g
Baked Fries	168	54	6 g	2 g	0 mg	240 mg	25 g	0 g	2 g
Baked Sweet Potato Fries	225	90	10 g	1 g	0 mg	250 mg	31 g	4 g	2 g
Apple Fries	42	2	0 g	0 g	0 mg	4 mg	10 g	2 g	1 g
Yogurt Dip	24	0	0 g	0 g	0 mg	11 mg	3 g	0 g	4 g
Lemon Cookie	70	30	2 g	2 g	5 mg	36 mg	10 g	0 g	1 g
Chocolate Chip Cookie	70	30	4 g	2 g	0 mg	68 mg	9 g	1 g	1 g
<b>Additions</b>									
Extra Burger Patty	153	95	11 g	4 g	48 mg	329 mg	0 g	0 g	13 g
Extra Chicken Patty	146	32	4 g	1 g	72 mg	345 mg	0 g	0 g	26 g
Extra Veggie Patty	217	128	14 g	1 g	0 mg	680 mg	18 g	7 g	6 g
Organic American Cheese	60	40.5	5 g	4 g	15 mg	250 mg	1 g	0 g	4 g
Avocado	57	40	4 g	1 g	0 mg	3 mg	5 g	3 g	1 g
Olive Oil Roasted Onions	49	9	1 g	0 g	0 mg	71 mg	9 g	2 g	1 g
<b>Amanda's Original Combo:</b> Amanda's Original Burger, baked fries and a soda	534	160	18 g	5 g	48 mg	1052 mg	52 g	6 g	21 g
<b>Seasonal Salad Combo:</b> Seasonal salad, baked fries and a soda	620	255	29 g	8 g	21 mg	952 mg	59 g	8 g	16 g
<b>Super Veggie Combo:</b> Veggieburger, garden salad and a soda	853	304	34 g	3 g	43 mg	2286 mg	87 g	26 g	36 g