



## NUTRITIONAL INFORMATION

### HOT DOGS

100% fresh premium angus beef. Custom blend of all natural spices and seasonings with no artificial flavors or binders. Allergen and Gluten Free.

	Calories	Total Fat (g)	Sat. fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Hot Dog (Plain)	340	20	7	2	30	640	28	1	4	10
Jumbo Hot Dog (Plain)	630	44	16	4	75	1420	39	0	3	19
Hot Dog Loaded Bun (ATW with no wiener)	420	22	4.5	1.5	20	600	47	3	18	8
Turkey Dog (Plain)	290	14	4	0	50	1050	25	3	3	14
<i>add Dairi-O Way to Turkey Dog</i>	15	0	0	0	0	40	3	0	1	0

### BURGERS

100% all-natural proprietary blend of never frozen, freshly ground premium quality beef. Each patty is hand pressed and seared to perfection.

	Calories	Total Fat (g)	Sat. fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Hamburger (Plain)	450	29	11	2.5	65	310	26	1	3	21
Double Burger (Plain)	730	53	21	4	130	360	26	1	3	36
Epic Burger (Plain)	1020	77	31	4.5	195	430	26	1	3	51
Monster Burger (Plain)	820	57	23	4.5	130	580	37	0	3	37
Cheeseburger Pita (Plain)	930	66	28	4	155	630	37	2	0	44
<i>add Dairi-O Way To Cheeseburger Pita</i>	80	8	1	0	5	55	4	0	1	0

### SANDWICHES

Looking for something different? Try the kosher chipotle black bean Veggie Burger, delicious Cod Fish Sandwich, or classic Bacon Lettuce Tomato (BLT) Sandwich.

	Calories	Total Fat (g)	Sat. fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BBQ Sandwich (Plain)	370	15	4.5	0.5	70	720	32	1	8	26
BLT	320	13	3.5	0	10	980	38	2	5	16
Chuck Wagon (Plain)	680	43	13	1	55	860	51	2	4	21
Fish Sandwich (Plain)	410	17	2.5	1	35	530	39	2	8	23
Grilled Cheese (Plain)	520	32	18	1.5	20	1720	72	2	4	20
Veggie Burger (Plain)	350	10	1	0	0	890	47	12	5	25
<i>add Dairi-O Way To Veggie Burger</i>	50	3	0.5	0	0	380	4	1	2	1

### CHICKEN

Souvlaki is made fresh daily with our unique blend of oil, lemon and Mediterranean herbs. Wings and Spicy entrees come with our homemade sweet and spicy Dairi-O wing sauce.

	Calories	Total Fat (g)	Sat. fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Grilled Chicken Sandwich (Plain)	280	6	0	0	80	580	25	3	3	32
Crispy Chicken Sandwich (Plain)	530	27	4.5	1	45	1390	49	3	3	24
Spicy Chicken Sandwich (Plain)	470	21	7	1	110	1040	42	3	11	27
Chicken Souvlaki Pita (Plain)	590	24	5	1	130	710	37	3	0	55
<i>add Dairi-O Way to Chicken Souvlaki Pita</i>	130	10	5	0	30	180	8	1	4	3
Grilled Chicken Wrap (Plain)	300	7	1.5	0	80	450	32	3	1	30
<i>add Dairi-O Way to Grilled Chicken Wrap</i>	320	31	9	0	40	490	5	0	1	8
Crispy Chicken Wrap (Plain)	530	27	4	0	45	1340	53	3	1	23
<i>add Dairi-O Way to Crispy Chicken Wrap</i>	320	31	9	0	40	490	5	0	1	8
Spicy Chicken Wrap (Plain)	460	21	6	0	110	1010	46	3	9	26
<i>add Dairi-O Way to Spicy Chicken Wrap</i>	280	26	8	0	40	450	6	0	2	8
Grilled Chicken Pita (Plain)	380	12	2.5	0.5	80	610	38	2	0	31
<i>add Dairi-O Way to Grilled Chicken Pita</i>	210	18	6	0	35	250	6	1	2	8
Chicken Nuggets, 6-Count	580	44	7	0	60	1220	20	0	0	24
Chicken Nuggets, 9-Count	810	59	10	0	90	1830	30	0	0	36
Chicken Tenders, 6 oz	570	37	6	0	55	1040	31	2	0	24
Chicken Wings, 8-Count	1250	98	21	0	230	560	12	2	9	74
Chicken Wings, 16-Count	2500	195	42	0	455	1130	23	4	18	147

## TOPPINGS

Our secret recipe cole slaw offers just the right amount of sweet to go along with our chili. We use only the freshest ingredients and produce for all of our toppings.

	Calories	Total Fat (g)	Sat. fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
All The Way (Mustard, Chili, Slaw & Onions)	100	6	1.5	0	10	200	8	0	6	2
BBQ Slaw	20	0	0	0	0	15	5	0	4	0
Bacon (2 Strips)	40	3.5	1	0	3	190	0	0	0	3
Cheese Slice (1 Slice)	110	9	5	0	25	180	1	0	0	7
Chili	30	2	0.5	0	5	120	1	0	0	2
Chipotle Mayonnaise	20	2	0	0		30	0	0	0	0
Cole Slaw	90	6	1	0	5	60	8	0	7	0
Green Peppers	0	0	0	0	0	0	1	0	0	0
Jalapenos	10	0	0	0	0	960	2	2	0	0
Ketchup	0	0	0	0	0	30	1	0	0	0
Lettuce	0	0	0	0	0	5	1	0	0	0
Mayonnaise	20	2.5	0	0	2	15	0	0	0	0
Mustard	0	0	0	0	0	35	1	0	0	0
Onion	0	0	0	0	0	0	1	0	0	0
Pickles	0	0	0	0	0	360	1	0	0	0
Relish	15	0	0	0	0	130	3	0	2	0
Sauerkraut	0	0	0	0	0	210	1	0	0	0
Shredded Cheese	120	10	5	0	25	190	1	0	0	8
Tomato	5	0	0	0	0	0	1	0	0	0
Spicy Sauce	50	2.5	0	0	0	210	7	1	6	0
Tartar Sauce	40	4	0.5	0	5	105	2	0	1	0
Tzatziki Sauce	110	10	5	0	30	170	4	0	2	2

## SALADS

We offer a variety of salad options which are prepared daily with only the freshest ingredients. Feel good about treating yourself to a Dairi-O salad.

	Calories	Total Fat (g)	Sat. fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Dairi-O All Star Salad	660	34	10	0	205	1610	14	5	8	75
Jalapeño Ranch Chicken Salad	660	38	17	0	195	3260	18	6	8	64
Apple Crisp Chicken Salad	1020	53	14	0	125	1170	97	15	73	44
Grilled Chicken Salad	420	22	11	0	130	670	16	4	7	42
Crispy Chicken Salad	690	42	14	0	95	1530	46	8	11	36
Spicy Chicken Salad	580	36	16	0	160	1180	29	6	15	38
Fresh Garden Salad	60	1	0	0	0	45	12	4	7	3
Blue Cheese Wedge (Includes Dressing)	490	33	15	0	110	1840	14	3	10	35

## DRESSINGS

Several of our delicious dressings are made in house with quality products to complement our fresh salads. Also great as dipping sauces for french fries or nuggets.

	Calories	Total Fat (g)	Sat. fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Homemade Ranch Dressing - 2 oz	290	30	4	0	30	490	6	0	0	1
Homemade Jalapeno Ranch Dressing - 2 oz	240	24	3.5	0	25	580	5	0	0	0
Homemade Honey Mustard Dressing - 2 oz	300	28	4	0	25	310	14	0	10	0
Homemade Blue Cheese Dressing - 2 oz	160	15	7	0	35	430	2	0	0	7
Raspberry Vinaigrette Dressing - 2 oz	60	0	0	0	0	140	14	0	12	0
Italian Dressing - 2 oz	25	0	0	0	0	390	4	0	3	0
Thousand Island Dressing - 2 oz	140	11	2	0	15	490	7	0	6	0
French Dressing - 2 oz	180	16	2.5	0	0	360	9	0	8	0
Fat Free Ranch Dressing - 2 oz	60	0	0	0	0	280	14	0	4	0

## SOUPS

Nothing warms the heart on a cold day like a bowl of homemade soup. Try one of our delicious soups made in-house with fresh vegetables and quality ingredients.

	Calories	Total Fat (g)	Sat. fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bean & Bacon Soup	540	17	8	0	35	2370	71	22	11	23
Chicken & Rice Soup	130	6	1.5	0	30	85	12	2	3	7
Chili Bean Soup	410	17	5	1	55	1630	40	10	16	26
Tomato Basil Soup	510	35	19	0	115	1560	41	5	25	9

## JUNIOR MEALS

Pick one of our junior meals when the full combo is a little too much to handle. Affordable options with just the right amount of food for lighter eaters.

	Calories	Total Fat (g)	Sat. fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Plain Burger	450	29	11	2.5	65	310	26	1	3	21
Plain Hot Dog	340	20	7	2	30	640	28	1	4	10
Chicken Nuggets, 4-Count	360	26	4	0	40	810	13	0	0	16
Grilled Cheese	520	32	18	1.5	20	1720	72	2	4	20
Corn Dog	320	20	4	0	20	440	25	1	7	6

## SIDES

Our award-winning seasoned crinkle fries are a perfect pairing with any sandwich. Feeling adventurous, try a fry topping or go with our beer battered onion rings.

	Calories	Total Fat (g)	Sat. fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
French Fries - Small	260	17	3	0	0	30	26	2	1	2
French Fries - Regular	530	33	6	0	0	60	52	5	2	5
Cheese Fries	530	34	7	0	5	420	49	4	2	5
Chili Cheese Fries	610	39	9	0	25	750	52	4	4	10
Onion Rings	690	46	6	0	0	730	55	3	7	5
Corn Dog	320	20	4	0	20	440	25	1	7	6
Side Salad	25	0	0	0	0	15	5	2	3	1
Fruit Cup	60	0	0	0	0	15	15	2	12	1
Fried Corn	350	22	3	0	0	20	36	2	8	6

The nutritional information seen here was prepared by MenuTrinco®, LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.