



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)	350	21	6	1	25	750	31	0	4	10
<i>add All the Way to Hot Dog</i>	130	8	2		10	270	13	1	9	3
Jumbo Hot Dog (Plain)	560	37	13	1.5	45	1410	40	0	2	16
<i>add All the Way to Jumbo Hot Dog</i>	230	14	3	0	20	460	21	2	15	5
Loaded Bun (ATW with no frank)	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>	20	0	0	0	0	85	4	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)	470	29	11	1.5	65	360	40	0	4	20
<i>Add All the Way to Hamburger</i>	130	8	2	0	10	240	12	1	9	3
Double Burger (Plain)	750	53	21	3	130	400	30	0	4	35
Epic Burger (Plain)	1040	78	31	4.5	195	460	60	0	4	50
<i>Add All the Way to Epic Burger</i>	180	11	2.5	0	1	310	16	1	12	3
Monster Burger (Plain)	820	57	22	3	130	600	37	0	4	37
<i>Add All the Way to Monster Burger</i>	180	11	2.5	0	1	310	16	1	12	3
Cheeseburger Pita (Plain)	1070	81	31	3	175	810	37	2	0	47
<i>add Dairi-O Way To Cheeseburger Pita</i>	100	8	1	0	5	60	7	1	3	1

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	13	2.5	0	40	710	36	1	10	25
BLT	350	14	5	0	35	940	36	2	5	17
Fish Sandwich (Plain)	460	18	2.5	0	25	910	55	0	4	18
Grilled Cheese (Plain)	510	32	17	0	60	1690	70	2	4	22
Veggie Burger (Plain)	320	10	1	0	0	820	46	11	6	21
<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)	290	5	1	0	60	940	27	4	3	33
Crispy Chicken Sandwich (Plain)	490	22	3.5	1	55	1190	32	0	6	23
Spicy Grilled Chicken Sandwich (Plain)	350	7	1.5	0	60	1230	36	4	11	33
Spicy Crispy Chicken Sandwich (Plain)	520	24	4	0	60	1360	43	0	16	32
Chicken Souvlaki Pita (Plain)	660	31	9	0	155	830	39	3	2	57
<i>add Dairi-O Way to Chicken Souvlaki Pita</i>	150	10	5	0	30	180	12	3	6	4
Grilled Chicken Wrap (Plain)	390	9	2	0	60	1010	45	1	1	33
<i>add Dairi-O Way to Grilled Chicken Wrap</i>	320	31	9	0	40	440	5	0	1	8
Crispy Chicken Wrap (Plain)	570	22	5	0	55	1440	50	2	3	26
<i>add Dairi-O Way to Crispy Chicken Wrap</i>	320	31	9	0	40	440	5	0	1	8
Spicy Grilled Chicken Wrap (Plain)	460	11	4	0	60	1480	57	2	9	35
<i>add Dairi-O Way to Spicy Grilled Chicken Wrap</i>	320	31	9	0	40	440	5	0	1	8
Spicy Crispy Chicken Wrap (Plain)	590	24	6	0	60	1610	61	2	23	35
<i>add Dairi-O Way to Spicy Crispy Chicken Wrap</i>	250	22	7	0	35	410	6	0	2	9
Grilled Chicken Pita (Plain)	380	11	2.5	0.5	60	970	36	2	0	33
<i>add Dairi-O Way to Grilled Chicken Pita</i>	200	15	6	0	30	240	9	2	4	9
Chicken Tenders, 6 oz	560	37	6	0	65	1440	28	2	0	28
Spicy Chicken Tenders, 6 oz	680	42	7	0	65	2020	45	2	16	28

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)	150	9	2	0	15	320	14	1	9	3
BBQ Slaw	20	0	0	0	0	15	5	0	4	0
Bacon (2 Strips)	160	12	5	0	35	630	0	0	0	10
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		25	0	0	0	0
Cole Slaw	80	6	1	0	4	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	170	1	0	0	0
Relish	15	0	0	0	0	130	3	0	2	0
Sauerkraut	0	0	0	0	0	190	1	0	0	0
Shredded Cheese	120	10	5	0	25	190	1	0	0	8
Tomato	0	0	0	0	0	0	1	0	0	0
Spicy Sauce	40	15	0	0	0	210	6	0	6	0
Tartar Sauce	70	7	1	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 Dairy-O salad.

	Calories	Total Fat (g)	Sat. fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Dairy-O All Star Salad	650	34	11	0	235	1680	14	5	8	72
Jalapeño Chicken Salad	660	38	20	0	205	3690	16	6	8	62
Apple Crisp Chicken Salad	1020	52	15	0	105	1510	95	15	73	46
Summer Berry Patch Salad	1020	75	19	0	125	1450	40	9	25	49
Grilled Chicken Salad	420	22	11	0	110	1010	14	4	7	44
Crispy Chicken Salad	620	36	13	0	105	1280	25	6	13	36
Spicy Grilled Chicken Salad	470	24	12		110	1290	22	4	15	44
Spicy Crispy Chicken Salad	580	36	13	0	110	1300	22	4	15	44
Fresh Garden Salad	60	1	0	0	0	45	12	4	7	3
Blue Cheese Wedge (Includes Dressing)	400	27	13	0	125	1710	13	3	10	28

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	230	23	3.5	0	15	390	5	0	2	1
Homemade Jalapeno Ranch Dressing - 2 oz	180	18	3	0	15	500	4	0	2	1
Homemade Honey Mustard Dressing - 2 oz	290	27	4	0	20	310	14	0	10	0
Homemade Blue Cheese Dressing - 2 oz	160	14	8	0	30	430	2	0	0	7
Raspberry Vinaigrette Dressing - 2 oz	90	0	0	0	0	250	23	0	14	0
Italian Dressing - 2 oz	20	2	0	0	0	130	1	0	1	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)
Chicken & Rice Soup	150	6	1.5	0	30	1700	15	2	3	7
Chili Bean Soup	370	12	1.5	1	55	1520	40	9	17	25
Tomato Basil Soup	320	21	11	0	60	1330	32	4	19	5

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	470	29	11	1.5	65	360	30	0	4	20
Plain Hot Dog	350	21	6	1	25	750	31	0	4	10
Grilled Cheese	510	32	17	0	60	1690	70	2	4	22
Corn Dog	330	22	4	0	25	490	13	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	240	15	2.5	0	0	45	23	2	1	2
French Fries - Regular	490	31	5	0	0	100	48	4	2	4
Cheese Fries	560	36	7	0	5	460	52	4	2	5
Chili Cheese Fries	650	41	9	0	25	800	56	5	4	10
Onion Rings	690	46	6	0	0	730	55	3	7	5
Corn Dog	330	22	4	0	25	490	13	1	7	6
Side Salad	25	0	0	0	0	15	5	2	3	1
Fruit Cup	60	0	0	0	0	15	5	2	3	1
Sweet Potato Waffle Fries	350	21	2.5	0	0	290	37	3	13	3

The nutritional information seen here was prepared by MenuTrinfo®, 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.